THE RISKIEST
RITUAL GAMES
Paranormal rituals to travel to another world
Adrianna Angela

THE RISKIEST RITUAL GAMES

Rituals to Travel to Another World

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Disclaimer

I have written the following book for educational and entertainment purposes only. Minors should avoid this content due to references to alcohol, drugs, self-harm, and inflicting harm on others. The author does not actively advise you to attempt any of the included instructions and is not responsible for any consequences of doing so. Note that the included rituals are deemed unsafe and unpredictable. Heed all warnings and suggested precautions. The writer does not condone sacrifices, any use of blood, or performing rituals intending to cause harm to another individual.

Also, note that the date mentioned for Reddit posts may be off by a year. This is because Reddit shows how many years old a post is rather than the date it was posted. Without knowing the month that the post was made, I have no way of knowing if my math was correct or not.

Introduction

What is this book?

This book, and its related volumes, is a collection of rituals. I dubbed the collection paranormal, even though, not all are specifically paranormal. It might be more accurate to call the entire collection strange rituals since not all are even supposedly dangerous. I refer to them as paranormal rituals because that is the most common term for these unusual rituals, which often involve the supernatural. Sometimes the rituals are also referred to as games or recipes. I chose to refer to them mostly as rituals, since not all can be considered games, and games imply they are fun and possibly harmless. The term recipes is generally used within the ThreeKings subreddit. I have included some rituals described on ThreeKings, scaryforkids.com, or Theghostinmymachine.com, even though they may not strictly be considered rituals.

This particular volume is a collection of rituals considered Japanese. Japan has a rich folklore and a history of ghost stories. The main reason Japan probably loves ghosts and demons so much is because of the Shinto religion. Shinto cosmology includes numerous forms of spirits, both benevolent and malevolent. Even those who do not follow the Shinto religion know about the concept of spirits. The Japanese are raised with stories of supernatural entities and thus are more likely to believe in them.

This particular volume is a collection of rituals for traveling to another world. Some of the rituals are for granting wishes, which means that you can perform the ritual with other intentions. While you could perform any ritual meant for granting wishes with the intention of traveling to another world, this collection is supposed to be the ones most likely to succeed.

Many of these rituals originated in Asia. Most of the ones whose origins could not be verified were compiled on a Japanese website. This makes you wonder why Asians are so eager to travel to another world. Anime and manga culture has also become saturated with stories about people traveling to other worlds. I believe this desire to leave the current world stems mostly from the high social expectations. The Asian work environment is rooted in Confucianism which emphasizes the community over the individual. This leads to people putting in greater effort and longer hours, which can become detrimental to their health. According to a 2020 article by Danielle Demetriou on bbc.com, most Japanese workers only took about half of their paid days off. The issue was bad enough that Prime Minister Shinzo Abe issued the Work Style Reform Bill in 2018 to reduce working hours. Japanese even has a word karoshi, meaning death by overwork. It is often common for It is not hard to imagine that many Asians people become sick of their everyday lives and dream of change. Often, it is easier to fantasize about beginning a new life completely rather than making changes to the life you already have established. The fantasy aspect of these rituals shows through because some specifically focus on wishing to travel to a fictional world rather than just another world. Traveling to a fictional world of your choosing is definitely safer than traveling to a random world you know nothing about. However, it is also less likely to happen because it is harder for you to believe that it will happen since you know that this world is only fictional.

I provided context for each ritual, including its origin, any backstory, alterations, and any other relevant information. Besides the specific instructions, I also broke down the number of principals (also known as players) required, the supposed reward(s), possible dangers, requirements, rules, and guidelines for aborting the ritual.

While I did not write this book with the intention for you to attempt these rituals, I tried to provide as much information and precautions as there is available so that you can remain as safe as possible. Immediately following this introduction, I have listed specific precautions and recommendations which I highly suggest you read through before attempting any ritual. More than this, though, it is important that you read the entire section for each ritual so that you fully understand all the steps and how to abort early if needed before attempting to perform it.

Why are paranormal rituals intriguing?

I almost called this section “why we play paranormal rituals,” but many people, like me, are interested in them, even though, they have no intention of performing them. Why is that? Yes, many of the rituals promise a reward, but many do not. I think the main reason is that people enjoy being scared.

Why is it that many people enjoy being scared? Halloween has become an extremely popular holiday. In America at least, it has become a tradition to dress up in frightening costumes, put up eerie decorations, watch horror movies, and go to haunted house attractions. It has become a day to celebrate feeling scared. We may tell our children not to be afraid because the haunted house isn’t real, but as we grow up, we watch scarier movies to feel real fright. Many horror films are judged by how terrifying they are rather than how well they tell their story. For horror fans, it is a matter of celebrating the feeling of fear itself rather than surviving through the fear.

In reality, the origin of Halloween was more about celebrating life and protection from something that might cause fear. Many Halloween traditions stem from harvest festivals and Samhain, as well as other previous traditions. Harvest festivals celebrated the bounties of the harvest. Samhain bonfires were burned as a way of cleansing and burning away harmful influences. In Scotland during the 19th century, torches were burned on Samhain night for protection. While it was believed that the veil between the living world and the spirit world was at its thinnest on Samhain, spirit contact was about honoring the dead and providing offerings to passed loved ones. It was not a day of fear, but a day of celebration.

Even our Halloween costumes, decorations, and jack-o-lanterns were originally supposed to scare away any negative spirits. So, when did everything change? When did we begin to feed off of the adrenaline provided by fear? It most likely began around 1930, when trick-or-treating and haunted houses began to take off as ways to keep children off the street. After the end of WWII, customs boomed, and national advertising campaigns were made to sell Halloween candy. Now kids grow up loving Halloween because of the free candy, which may create a psychological connection between fear and happiness.

According to psychologists, we enjoy being afraid when we know we are actually safe because the body produces dopamine which makes us feel good such as when we are happy or excited. Interestingly enough, some people experience more dopamine production than others under the same conditions, meaning that certain people enjoy feeling afraid more than others.

With paranormal rituals, many people assume they are made up and won't amount to anything. So many people have tried the rituals on YouTube with nothing happening, right? At least, that's what you tell yourself. It's more effective than other scare methods because it leaves you with that lingering doubt. Plus, when you come out of the ritual unscathed, you can brag to your friends that you were brave enough to attempt it.

Not that the love of fear is always why people attempt these rituals, but I think it's a large part of it. Desperation is probably the second reason. If you desperately need a wish granted because of something bad happening in your life, you might just be willing to risk it. The other reason is curiosity.

When it comes to just learning about the rituals, I think the number one reason is curiosity followed by enjoying fear. When you are just learning about a ritual, you are even safer, which means any fear you experience is milder. But this is why I think the curious, who are less excited by fear, still find them intriguing enough to explore. I for one, enjoy a tiny bit of fear, but only when I absolutely know that I am safe. My curiosity, however, pushes me to skirt the edges of safety. I assume if you are reading this book, then you are at least curious enough to glimpse a dangerous situation.

Why do paranormal rituals pique our curiosity? Because they involve the strange and unusual. They summon the unseen and unpredictable. We question what really exists and what is possible. We wonder if that strange noise in the middle of the night was really just the house settling or if that stranger on the street who seemed familiar was really a living person. They also remind us to stay cautious and always beware of what we allow into our homes.

My Experience with Paranormal Rituals

As a kid, I only knew about a handful of paranormal rituals. I have always been interested in the unusual and creepy, but I have also always been a scaredy-cat, too. I live on the side of caution, but my friends didn't. Multiple times, I was pressured into playing Bloody Mary and the Ouija Board. Luckily, my one friend eventually came around to the idea of us using a handmade paper board, since that seemed safer to me. Light as a Feather Stiff as a Board was the one ritual game I would play without a care in the world because it seemed entirely innocent to me. Fortunately, nothing actually happened while playing any of these games. Still, I was almost always scared that would prove to be the one time that something did happen.

While these games are tame compared to those you can find on the internet nowadays, there is still a risk. One of the times we played Bloody Mary, there was a ghost in our basement. I had told my friends about the ghost, but they either didn't care or didn't believe me. They forced me into the bathroom, and right after we chanted Bloody Mary, another friend outside the house stomped so loud on our porch I could hear it from inside the bathroom. I was so scared until they told me it was a prank. There's no harm in a childish prank but doing something like that with a ghost in the house is never advised. I believe this was the same day that I was home alone while my mom and sister were at a ghost club.

The other dumb thing I did that night was watch a TV show about ghost hunters. I could hear the ghost making noises in the basement since I was feeding them attention. Luckily, the ghost didn't seem to want anything besides attention because all they ever did was make noise, and eventually they left our house. Things could have turned out worse, though. You should never provoke a ghost through a paranormal ritual. Regardless of whom the ritual is supposed to summon or what is supposed to happen during it, if you have a ghost in your home, you are basically giving them free permission to do whatever they want during that time.

As for the Ouija Board, my friends never even bothered playing correctly. You are never supposed to end a Ouija Board game without the spirit saying "goodbye," but we never followed this rule. Two of my friends were

especially problematic. The one wanted to provoke everything and the other didn’t believe in anything, so he would go along with it. The worst time was when we were playing directly in front of the TV, and they insisted on asking the spirit if they were going to “come out of the TV like the girl in The Ring.” They only stopped when I started crying because I was so afraid. To be honest, I think my friends just enjoyed freaking me out.

Fortunately, nothing bad ever happened to me from playing these games, but it could have. That is the point. No matter how many times you’ve tried the ritual in the past, you never know what will happen the next time. The rules are in place for a reason. Through writing this introduction, I hope to help you not do something stupid that you end up regretting. Moving forward, please think everything through and read all instructions for each ritual before considering attempting it. Do not take these rituals lightly. I highly advise against breaking any rules, doing any of these rituals if you suspect your house may be haunted, or attempting anything while under extreme mental situations or medications.

Precautions and Recommendations

You may have performed some of these rituals in the past and had nothing happen, or maybe you know other people who have done so. That doesn't mean that you should take them lightly. You never know when something will actually happen. When you open up your space and call in entities, anything may or may not show up. You may be visited by whom you intended or something else which may not follow the rules. And even if you aren't visited by something, you may still experience something psychological or natural phenomena.

Take a mirror, for instance. You will most likely see something frightening when performing any ritual involving a mirror due to what is known as the fading effect and the Troxler effect. Because of these occurrences, when you look at a dark mirror for long enough, parts of an image disappear and are filled in by your brain creating a monstrous image. Even if what you are seeing is not real, your mental reaction is. Take precautions if only for your sanity.

The other issue is that the more afraid you are and the more you focus on something, the more likely you might manifest it. One of the paranormal rituals that exists is known as creating a Tulpa which is created through the mind's focus. While this is done intentionally, it is also possible for things to manifest into reality just through continued focus. When we are scared, we focus on what we are afraid of and provide heightened energy toward that thought. That means that the more afraid you are of performing a ritual, the more likely you will experience something, either real or psychological.

It is especially not advised that you ever perform a paranormal ritual under the following conditions:

- You are overly fearful or stressed.
- You are mentally ill or under the influence of medications that may have mental side effects.
- You are under the influence of any substances such as alcohol or recreational drugs.
- You believe your chosen location may be currently haunted.
- If strong paranormal or traumatic experiences occurred within your chosen location.
- If you do not fully trust anyone present during the ritual.
- If you are missing any of the required items, especially those used for protection.
- You have not fully read and understood the instructions for the ritual before beginning.
- You are performing a ritual that requires any form of sacrifice or otherwise harmful intentions.
- The ritual requires the use of your blood or any other "agreement."

For the safety of yourself and others, it is recommended that you use the following precautions when performing rituals:

- It may be helpful to do divination before attempting a ritual since it may tell you how dangerous the ritual will be and provide you with information that will help you react accordingly to avoid potential risks. Tarot or oracle cards are recommended since the cards can be interpreted in many different ways. A pendulum or other forms of scrying may be used as well.

- Cleanse the chosen space before beginning the ritual. This will hopefully expel anything that may already be present in the location which may interfere with the ritual. There is a possibility that this may prevent the intended entity from entering the space, but it is better to be safe rather than sorry. Through the ritual, you are calling the entity in

and giving them explicit permission to enter the space, but you may also perform the cleansing a day or two in advance to allow the cleansing to settle before attempting the ritual.

- Unless the ritual advises against it, you should always cleanse your space after performing any ritual. This is even more important than doing it beforehand. This will expel the entity called forth as well as any additional entities that tagged along for the ride. It may also transmute any negative intentions that the entities placed on you.

- There are many ways that you can cleanse your space, but it is recommended that you do whatever method you are most comfortable with and believe in the most. Some suggested methods are: using sage, palo santo, or holy water, playing sound bowls, shielding, chanting, calling in positive beings or energy, performing a protection spell, or even hiring someone to cleanse the space.

- Remember that in most cases, you are in charge during a ritual. Clearly and confidently set ground rules. Tell the entity what they can and cannot do and never accidentally grant them permission you will regret giving. In most cases, you can tell an entity that you wish for them to leave, and they will be forced to listen since this is your space and it is your permission allowing them inside. Still, stay polite and follow the ritual's rules in order not to upset them. An upset entity may no longer follow the rules.

- Unless it goes against anything outlined in the specific ritual's instructions, it is helpful to begin by stating clear ground rules for any entities being summoned. An example opening that you could say is the following: "This is my space (say home if you are inside your home) and I am in charge. I invite you in [name the specific entity if possible], but you are to remain only until (state the specific time you want them to leave. Refer to the ritual's instructions to determine this time). While you are here, you are forbidden from causing harm to me and my other guests. [list any other things you want to forbid them from doing. Again, you may pull from the specific ritual for this]. Should I tell you

to leave, you will leave immediately and never return to this home unless re-invited. You are granted entry only if you agree to these terms. If not, I ask that you leave at once." By opening with this line, you also grant yourself the ability to abort any ritual by asking the entity to leave. It is still suggested that you follow the other guidelines for aborting that ritual, but this may allow you to abort at other times than listed and when no abortion guidelines are provided.

- Be careful of anything that you say during a ritual, especially when talking directly to a summoned entity. Always be polite. Never show that you are afraid. Do not make any promises that you cannot keep. Remember that any use of your blood is considered an unbreakable agreement. Make sure that you fully understand the possible consequences of making such an agreement.

- Providing an offering of some kind will raise your success in summoning. The more sentimental or valuable an offering is, the more incentive the entity has to arrive and take the offering. A good go-to offering, however, is food. If offering food, you should set the table as if serving a guest. Make the presentation nice.

- You should always clear the area of other people and animals unless a ritual specifically states that others can be present. This is mostly for their protection since you have no way of knowing how entities may react to their presence. Entities may only react to you since you are the one performing the ritual; however, they may also see others as easy targets since they have not placed any protections around themselves. This precaution is also a benefit for you, since having others present may interfere with the ritual or cause unforeseen results.

- Unless otherwise stated within the instructions of a ritual, you should not have any electronic devices inside the room you are performing the ritual in as this may interfere with the ritual. If possible, you should also turn off, unplug, and even remove batteries from all electronic devices inside the home.

- If a ritual says to turn off all lights inside a room or the entire building, it is recommended that you also cover up any windows as well. The darker the space is, the more likely the ritual will succeed.

- It is highly recommended that you always let someone know that you are performing the ritual and have them nearby as an added precaution.

- Always be cautious and never trust an entity. Even if a ritual is used to gain information, know that an entity may lie to you.

- Always be cautious when using open flames. Be mindful of where you place candles, and what you place near them. Make sure that if they need to sit for an extended amount of time unattended nothing is around that may knock them over.

- If for some reason you do prick your finger, cut yourself, or otherwise harm yourself while performing these rituals, make sure that you are careful and know what you are doing beforehand. Any pins, needles, or knives should be properly sanitized before use and no one should ever share the same tool. Never cut too deep and make sure to clean and tend to the wound as soon as possible.

- Always consult the particular instructions for each ritual regarding the proper way to end the ritual. Never end the ritual early without following the abortion guidelines. Always handle any items used during the ritual as instructed. Typically, items either need to be disposed of or stored in safety, but never used again. If a ritual does not explain what to do with the items used, it is advised that you dispose of the items.

- If a ritual involves opening your space up in any way (opening a window, opening a door, chanting something about opening up the space, etc.), you must close the space. Some rituals instruct you to open your space up and then send the specific entity away without closing the space. Usually, the instructions say that the area will be safe again

once the sun rises, but this may not be enough. Even if entities are banished by the sunlight, they may return at nightfall. Cleansing the space helps, but it is also recommended that you close any windows or doors you opened during the ritual and that you chant something that is either the reverse of the chant used to open the space or something specifically stating that your space is closed. An example chant you could use would be: “The door to this home is now closed. Any visitors are now asked to leave until my permission is once again granted.”

- When disposing of items, it is recommended that you “reduce” the item as much as possible. If you can burn an item, burn it to ashes. If you can break an item, break it into as many tiny pieces as possible. Dispose of these remains as far as possible from the location where you performed the ritual. Unless the ritual instructions say otherwise, the best option is always to bury the remains in the earth and then cover the spot with holy water. Holy water may be purchased or produced. To make holy water, place your hands over some water, connect to your chosen god or other belief source, and chant a prayer three times for the water to be purified. Next, repeat this process with some salt. Then, drop a bit of salt into the water three times. An example prayer that may be used is: “In the name of everything benevolent, I bless you. I cleanse you. I exorcise you of all evil and negativity so that wherever you are spread, all evil and negativity must depart.”

- If you begin to feel sick or unwell in any way after performing a ritual, it is advised that you visit a doctor, mental health professional, or paranormal expert, depending on what the affliction is.

- If you begin to experience any strange occurrences, such as a possible haunting or possession, you should begin by cleansing your home and carrying protective items. You should contact a paranormal expert if the problem persists. If this still does not help, move as a last resort.

The Most Dangerous Rituals in this Volume

How to go to another world using a train: This ritual does not specify what is supposed to happen once it is completed. One of its alternate names is how to open the demon gate, so it is implied that performing the ritual opens a gateway to demons. This may be unleashing demons into our world, or opening up a gate to hell. Since it is considered a ritual for traveling to another world, we can assume that you either unleash demons into the world in exchange for the power to travel to another world, or you travel to hell. It is also suggested that doing this ritual might kill you, with you traveling to the world beyond through death.

Self O: This ritual should never be attempted since it requires you to commit suicide. If that is not bad enough, the result is supposed to trap you within an inescapable time loop.

The Shower Man Ritual: You do not gain any reward from performing this ritual, and it is dangerous even if nothing happens. You risk slipping in the bathroom or catching pneumonia. If the ritual does succeed, then you risk physical harm or worse if you mess anything up.

How to go to another world using an escalator: This ritual is dangerous because you have to walk backwards on a moving escalator. The possibly of falling is likely.

The elevator game: You may become trapped inside another world if you do this ritual. What makes this one different, though, is that we know that the world you travel to is unpleasant. We do not know much outright about the world, but we do know that you do not want to become trapped there. Plus, there is a lady who may stalk you during the ritual. If you speak to her or

make direct eye-contact, it is believed that she will kill you. This gives the impression that other entities like her will come after you if you become trapped there.

How to Go to Another World Using an Escalator

Context:

This ritual seems to have originated in Korea and dates back to at least 2010.

Unlike many other rituals to travel to another world, this one includes instructions on how to return to our world and the process is actually simple. In terms of the paranormal aspect of the ritual, it is pretty safe. The only danger is that you may find yourself trapped in the other world if you find yourself too close to the single person who may appear. However, in a practical sense, this game is extremely dangerous since you have to walk backward down an escalator that is moving upward. You may fall down the escalator in the process. You could still get hurt even if you do not tumble all the way to the bottom, and your clothing or hair could get stuck in the steps. Therefore, I highly recommend not attempting this ritual.

If you are foolhardy enough to attempt the ritual, please do not attempt it when there are bystanders present. Falling and hurting yourself is one thing, but injuring bystanders in the process is another thing altogether.

You may attempt an alternative version of the returning process if you are attempting the ritual and the building you are attempting it in has two escalators that move between three floors. For this method to work, one escalator must move up while the other escalator moves down. It is also recommended that the three floors include the ground floor, a floor below the ground floor, and a floor above the ground floor. The ground floor would be both your starting and ending floor.

To perform the alternative return trip, instead of using the up escalator to return, you will travel to the down escalator from the ground floor. Ride the

down escalator down to the bottom floor. Instead of stepping off, turn around and walk backward up the escalator six steps. Continue walking backwards up the escalator by multiples of six steps until you reach the ground floor. When you reach the ground floor, step backward off the escalator and onto the solid floor.

Reward:

Travel to another world

Dangers:

Stuck in another world.

Injury or Death

Players:

One principal

Requirements:

- A building with an escalator that goes up to another floor (the further the escalator travels the better)
- A timekeeping device (optional, but recommended)

Instructions:

1. Begin at any time. Enter the building and find the escalator.
2. Step onto the escalator's first step. Stay put on the first step and ride to the top of the escalator.
3. Once you reach the top, instead of stepping off the escalator, walk backward four steps down the escalator. Do not turn around as you do this.
4. Ride the escalator to the top again from the position four steps down.
5. Once you reach the top, walk backward down the escalator again instead of stepping off. Step eight steps down this time. Do not turn

around.

6. Ride the escalator to the top again from the position eight steps down.
7. Once you reach the top, walk backward down the escalator again instead of stepping off. Step 12 steps down this time. Do not turn around.
8. Ride the escalator to the top again from the position eight steps down.
9. Continue doing this walking back process until manage to walk backward to the bottom of the escalator. Each time you step backward, increase your steps by fours. After 12, you would move 16 steps, 20 steps, 24 steps, and so on.
10. When you reach the bottom of the escalator, step backward off of the escalator and back onto the solid floor.
11. Look around you and notice what you see. If you see two or more beings, then the ritual has failed. Immediately exit the building. You may try again another time. If you see only a single person, then the ritual has succeeded but you should proceed with caution. If you are entirely alone, then you have succeeded and are safe to explore the new world you have traveled to. Note, however, that it is not advised that you leave the floor that you are on and definitely not the building itself.
12. If at any time you see a single person within the building, maintain as much distance from them as possible.
13. Explore the world until at least 2 a.m. but no later than 3 a.m.
14. Between 2 a.m. and 3 a.m., return to the escalator.
15. Step onto the escalator's first step and ride to the top.
16. Once you reach the top, instead of stepping off, walk backward down the escalator three steps. Do not turn around.
17. Ride to the top.
18. Once you reach the top, walk backward down again instead of stepping off the escalator. Step six steps down this time. Do not turn around.
19. Ride to the top.
20. Once you reach the top, walk backward down again instead of stepping off the escalator. Step nine steps down this time. Do not turn around.

21. Ride to the top.
22. Continue walking backward down the escalator until you reach the bottom of the escalator again. Step down three more steps each time. After 9, you would move down 12 steps, then 15 steps, 18 steps, and so on.
23. When you reach the bottom of the escalator, instead of riding back up to the top, step backward off the escalator and onto the solid floor.
24. Look around you and notice what you see. If everything looks entirely normal, then you have succeeded in returning to the real world. If anything looks off in any way, ride the escalator back up again and repeat the process of walking backward down the escalator by multiples of three steps.

Rules:

- Do not turn around while on the escalator.
- You must walk backward on the escalator.
- Do not fall while on the escalator.
- Keep as much distance between yourself and the single person as possible.
- Do not stay in the other world later than 3 a.m.

Aborting:

- You may exit the building at any time prior to traveling to the other world.

- If you see two or more people when you step off of the escalator, then the ritual has failed. Do not try again at that time. Exit the building. You may try again another time.

- To return from the other world, wait until between 2 a.m. and 3 a.m. Ride the escalator back to the top, then walk backward down the escalator three steps. Ride back up to the top, then walk backward down six steps. Continue walking backward down the escalator until you reach the bottom of the escalator again. Step down three

more steps each time. When you reach the bottom of the escalator, instead of riding back up to the top, step backward off the escalator and onto the solid floor. Look around you and notice what you see. If everything looks entirely normal, then you have succeeded in returning to the real world. If anything looks off in any way, ride the escalator back up again and repeat the process of walking backward down the escalator by multiples of three steps.

How to Go to Another World Using a Bathroom

Context:

The earliest traceable origin of this ritual is a Korean post on Daum.net in 2010.

The original version of the instructions does not specify whether the lights should be turned on or not in the bathroom. I assume they should be on since it is more likely that the lights will flicker if they are on. If you attempt the ritual with the lights on and fail, then you should attempt the ritual again with the lights off.

While there are numerous sources for this ritual, none of the sources mention any way to return to our world. They also do not specify what the world you travel to is like. Make absolutely sure that you want to leave to this unknown world before attempting this ritual.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- Your home
- A bathroom with a working flush-able toilet, a working sink with temperature control, at least 1 light source, and a door with a lock on the inside

Instructions:

1. Begin at any time. Make sure no one else or any pets are inside the home. Enter the bathroom and lock the door behind you.
2. Turn the lights on and close the toilet lid. Flush the toilet, then turn the faucet on full power at a medium temperature.
3. Open the toilet lid and flush the toilet.
4. Pay attention to the lights. If they flicker, the ritual has succeeded. If the lights remain constant, the ritual has failed. Turn the water and lights off and leave the bathroom. You may try again another time.
5. If the lights are flickering, you may proceed to the sink. Turn the water off.
6. Go to the bathroom door. Take a deep breath and prepare yourself.
7. When you are ready, open the door and step outside.

Rules:

- This must be performed in your own home.
- Do not attempt this ritual with anyone else or any pets at your home.

Aborting:

- You may abort the ritual at any time until the lights flicker. All you need to do is turn off the faucet and lights and then leave the bathroom.
- If the lights are flickering, you may be able to abort the ritual by opening the bathroom door before turning the faucet off.

Staircase to Another World

Context:

This Korean ritual has been around since at least 2011. The earliest traceable posts imply that it has been around for even longer.

This feels a lot like elevator to another world to me. Both rituals take you between floors, although the elevator method takes you to more floors. The elevator method is possibly safer, though. While you should be alone during the staircase version, meeting anything along your way is that much more dangerous because the being shouldn't be there. The elevator game also describes how to return from the other world while performing this ritual is basically just a one-way trip. Even if you decide halfway through that you want to abort the ritual, it might already be too late for you to return. Make sure you are fully prepared for that before attempting the ritual.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A building with at least 5 floors (a school is recommended)
- At least 3 entrances and 3 staircases capable of reaching all the

building's floors (1 of each must be on the right side of the building, 1 should be on the left side of the building, and 1 should be in the center of the building)

Instructions:

1. Begin at any time, but night is recommended. If you are performing the ritual inside a school, you must do so outside of school hours.
2. Enter the building from the right-side entrance. Make sure that no one else is around before proceeding to the staircase on the right side of the building.
3. Climb up the right-side staircase to the 3rd floor.
4. On the 3rd floor, locate the central staircase. Climb down the stairs until you reach the 1st floor.
5. On the 1st floor, locate the staircase on the left side of the building. Climb it up to the 2nd floor.
6. On the 2nd floor, climb up the right-side staircase to the 4th floor.
7. On the 4th floor, climb down the central staircase to the 3rd floor.
8. On the 3rd floor, climb up the left-side staircase to the 5th floor.
9. When you reach the 5th floor, stop and observe. The floor may or may not look different, but if you have traveled to the other world, you will know. You will feel the difference.

Rules:

- Do not attempt this ritual if anyone else is inside the building.
- Do not attempt this ritual if the building does not have at least 5 floors accessible via stairs.
- Do not attempt this ritual if the building does not have three entrances and staircases located on the right, left, and in the center of the building.
- If aborting early, do not exit the building if the environment outside seems off in any way.
- Do not proceed if you encounter any other beings within the building prior to reaching the 5th floor.

Aborting:

You may abort at any time prior to reaching the 5th floor by leaving the building through the same central entrance you entered from. If anything seems odd outside the building, it is not recommended that you leave the building. In this case, leaving the building may still bring you to the other world. It may not be possible to return, but it is recommended that you attempt to return to the same floor you were last on and reverse the ritual's steps back to the beginning. Once done, attempt to leave the building again.

夢錠会議愛隣応報明度

Yumejoukaigi Airinou Houmeido

Context:

This is a Japanese ritual that has been around since at least 2016. The name is odd. It literally translates to “dream lock conference airin.” When I tried searching for that phrase or the hiragana, nothing related came up in the search, but the kanji did reveal Japanese sources. Nothing gave any further insight into the name of the ritual or why drinking water is important to the ritual. It is said that you are more likely to succeed on the 30th attempt.

Reward:

Travel to another world

Dangers:

Nausea

Dizziness and headache

Possibly trapped in another world

Players:

One principal

Requirements:

- A white wall
- A cup of water
- A water source near the white wall (it is recommended that you use a sink by a white wall or an easily pour-able jug)

Instructions:

1. Begin at 3 a.m. Touch the white wall with your left hand.
2. Fill the glass with water using your right hand while chanting aloud, “Yumejoukaigi Airinouhoumeido.” Do not remove your left hand from the wall.
3. Drink three sips of water.
4. After drinking the third sip of water, look closely at the wall you are touching.
5. You should see a black hole. Concentrate on the black hole without blinking. Before you know it, you should end up in another world.
6. If you choose to return to our world, repeat this process.

Rules:

- The wall must be white.
- Do not remove your left hand from the wall.
- You must concentrate solely on the black hole.
- Do not feel afraid.

Aborting:

- You may abort the ritual any time prior to staring into the black hole.
- Once you travel to the other world, you may attempt to return by using the same method used to travel there.

Travel to Another World Using Manga

Context:

This ritual was included on a 2021 compilation list of different methods of traveling to other worlds written by 森野景御（愛称、サグ、SAGU 、モリノ）on note.com. The list is Japanese, but not all methods are Japanese in origin. I searched but could not find any other sources for this method, but it does appear to be Japanese since it involves using a Japanese manga comic.

Reward:

Travel to a fictional world

Dangers:

Trapped inside another world.

Players:

One principal

Requirements:

- The desire to travel to a fictional world inside a manga
- A physical copy of a manga taking place in the world you want to travel to

Instructions:

1. Begin any time when you are alone. Hold a physical copy of a manga that takes place inside a world you want to travel to.
2. Open the manga up and point to a page that shows the world.

3. Strongly focus on the thought, “I want to go!”
4. If you think intensely enough about your strong desire to go, then you should succeed.

Rules:

- You can only travel to the world that exists within the manga.
- Think “I want to go” in your mind rather than saying it aloud.

Aborting:

There are no instructions on returning from the fictional world.

Two-Dimensional Trip

Context:

This ritual comes from Japan. The earliest sources I have been able to find are from 2021. The main descriptor for the ritual is that you are taking a "two-dimensional trip." Sources mention that you can also describe the role you want like you would have within a video game. It seems that the purpose of this ritual is to travel specifically to a make-believe world rather than another dimension. Therefore, it seems that instead of describing the type of world you would like to travel to, you can list or describe a fictional world that you would like to live in instead of this world. For example, if you want to travel to Hogwarts, you might be able to just write down "Hogwarts," or you could describe it more by saying "the wizarding school called Hogwarts," or "Hogwarts from Harry Potter."

There is an alternate version of this which involves drawing an illustration of your favorite character on the piece of paper and setting up "character goods." I think "character goods" refers to merchandise of that character (such as figurines), but this could also refer to items that the character might use. It seems that this method adds the element that you are asking to travel into the fictional world and become that character. To do this alternate method, you need to draw the illustration on the paper along with the name of the world while focusing on your emotions for the character. Then make the ring as described in the instructions below. Before going to sleep set up the character goods. When you wake up the next morning, instead of just going outside, you need to remove the ring and put it on top of the character goods.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A piece of paper that is white on both sides
- A red pen
- Scissors
- Tape

Instructions:

1. Write the name of the world you want to go to on the piece of paper using the red pen.
2. Cut the paper to a size that can easily wrap around your middle finger. The size does not matter, but a postcard size will work. Make sure not to cut off any of the names that you wrote on the paper.
3. Fold the paper eight times, with the name written on the paper facing the folds.
4. Push the folds out from the middle so that there is enough space to fit your finger inside. Tape over the paper so that it will stay in this shape.
5. Put the ring on your middle or index finger.
6. Go to bed while wearing the ring.
7. When you wake up the next morning, leave your house. The world you find should be the one you wrote down.

Rules:

You must wear the ring all night.

Aborting:

To abort the ritual, remove the ring from your finger.

YELLOW PEN

Diary of a Person Who Wants to Escape Reality

Context:

This ritual comes from Japan. The earliest sources I have been able to find are from 2016, but both mention other sources, so it is probably older than that.

It is unclear what type of pen should be used. Some sources claim you must use a colored pen, some claim you should specifically use a yellow-colored pen, and some sources say that the ritual will not work with a colored pen. If your attempt is unsuccessful, you may try again using a different pen.

There are other changes you can make to help with success as well. The instructions say to begin at night, but it is also said that your chances of success are higher if you write the description of the world you want to travel to before 6 p.m. Instead of taping the paper to the door, you can roll the paper around your finger and sleep wearing it. It is said that your chances of success are higher if you perform the ritual with other people at home since you run the risk of having someone else open the door before you. You can also counteract this risk by signing your name in the lower right corner of the paper. It is also said that if your left thumb fingerprint is a spiral, you can successfully travel to the other world even if someone else opens the door first.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

A bedroom

A piece of white paper

A pen

Tape

Instructions:

1. Begin at night in your bedroom. Turn off all lights in the room and cover up any windows. Make sure there is absolutely no light in the room.
2. In the dark, write on the paper using the yellow pen a description of the world you would like to visit.
3. Tape the piece of paper to the door of the room. Make sure that the words you wrote are not visible. You can either turn the paper so that the words are facing the door, or else you can fold the paper so that the words are covered.
4. Go to sleep.
5. As soon as you wake up, go to the door. Close your eyes and think about the world you described as you open the door. If anyone else opens the door before you, the ritual will fail.
6. Beyond the door, you should find yourself in the world you described.

Rules:

- You must write in complete darkness.
- Be as specific as possible about the world you want to travel to.
- You must tape the paper to the door in such a way that the words are

not visible.
- You must sleep in the same room that you performed the ritual in.
- You must be the first person to open the door.

Aborting:

You may stop at any point before you go to sleep. Once you go to sleep, there is no turning back.

Under the Cherry Blossom Tree

Context:

I have only been able to find this ritual posted on kowabana.net in 2020. Kowabana describes Japanese tales in English. It makes sense that a ritual like this would exist, though. When it comes to methods of traveling to another world, this method is easy and spiritually supported. Traveling to another world using a cherry blossom tree might sound silly at first, but when you know what cherry blossoms represent, it really is not silly at all. Cherry blossom trees, called Sakura in Japanese, are revered in Japan. They represent beauty, good fortune, and the cycle of life. There are multiple spiritual meanings associated with cherry blossom trees. One of these is that the petals allow you to start anew in life. They are also believed to bring positive change, luck, and happiness.

Reward:

Travel to another world

Dangers:

Trapped inside another world.

Players:

One principal

Requirements:

- A cherry blossom tree
- A cherry blossom petal

Instructions:

1. Begin in the spring. You can begin any time, but it is recommended that it be daytime so that you can see.
2. Stand beneath a cherry blossom tree.
3. Catch a petal as it falls off the tree.
4. Hold the petal close and pray in my mind 100 times that you want to be transported to another world.
5. Touch the trunk of the cherry tree.
6. You should now find yourself in another world. Hopefully, it is what you expected.

Rules:

- You must catch the petal as it is falling.
- You must pray a total of 100 times.

Aborting:

- You may stop any time before touching the tree.
- Once you have traveled to the other world, there may be no way to return.

Tattva Technique

Context:

This is more a technique than a ritual since all you have to do is look at an image. By following the steps, you can see the door to another world and possibly pass through the door. The only sources I have been able to find are Japanese, but the principal behind the technique is Indian and associated with yoga and alchemy. The word tattva is a Sanskrit word meaning “thatness,” “truth,” “reality,” or “principle.”

In India, tattva describes the elements or aspects of reality that make up our human experience. Tattvas are sometimes considered to be an aspect of divinity. The qualities of the five elements are considered tattvas and are often used in meditation and magical work.

Each of the elemental tattvas has a depicted shape, which is presented in the image used for this technique. The yellow square represents earth (Prithvi) and the solidarity of life and physical manifestation. The silver crescent moon represents water (Apas) and all liquid activity in life. The red triangle represents fire (Tejas) and all heat, creation, and expansion of life. The blue circle represents air (Vayu) and the mediation between fire and water. The indigo egg represents spirit (Akasha) and the womb of all creation.

During magical work, it is encouraged to meditate upon the images of the tattva to unlock visions and deep understanding. According to occult-world.com, the magician enters the element to experience its true form. The tattvas are also considered to be doorways into the elemental realms. This sounds a lot like what the technique is said to do. Perhaps the door appearing during the technique is merely leading into the hidden nature of reality.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

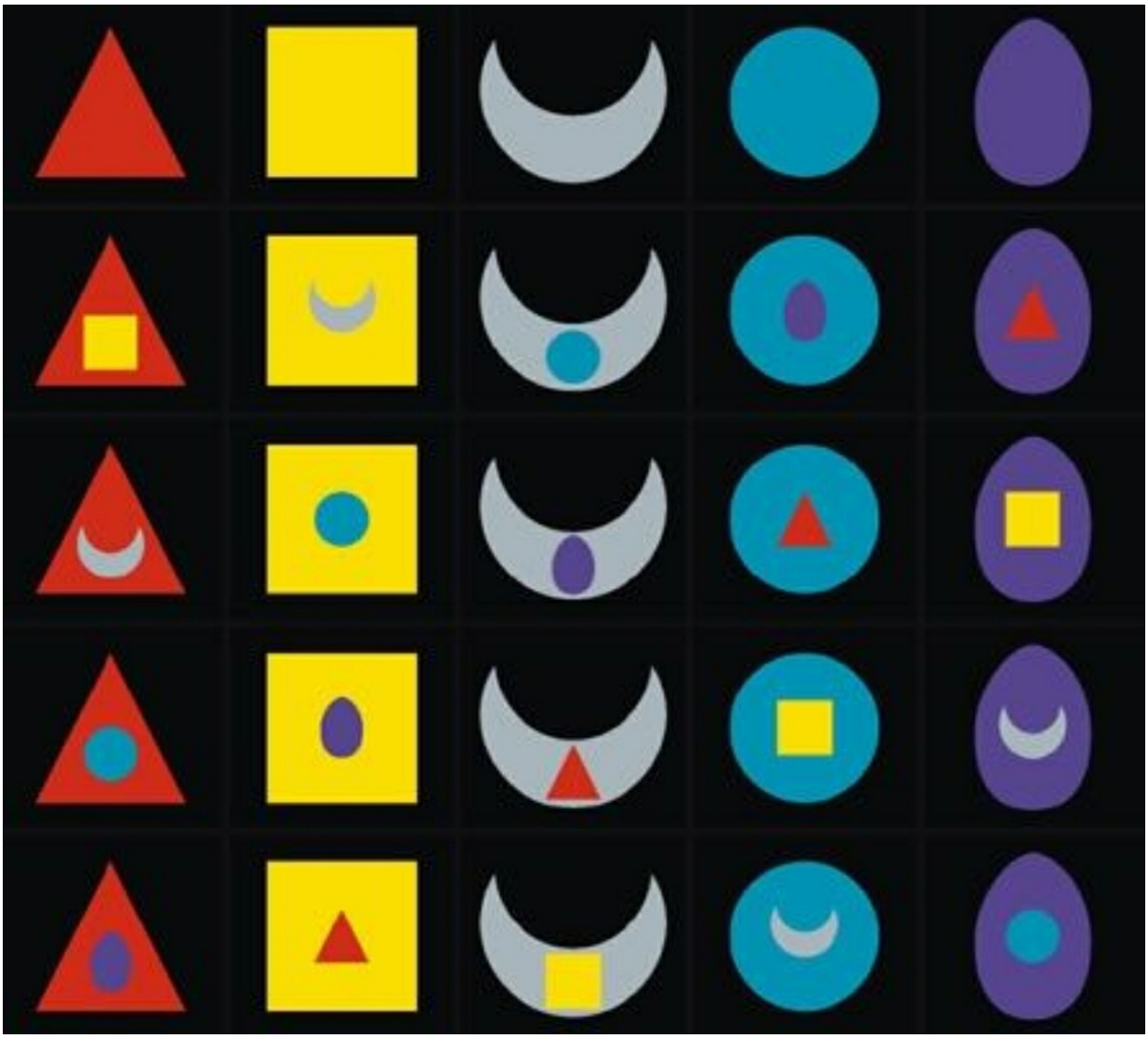
One principal

Requirements:

Tattva image

Instructions:

1. Prepare the tattva image and a blank white piece of paper. If you have the tattva image in a physical form, lay the image and piece of paper next to each other. If you are staring at a digital version of the image, place the piece of paper as close to the image as possible.
2. Stare at the tattva image (below)



(Image source https://www.kowabana.net/2020/06/26/how-to-reach-another-world/)

- Keep staring at it.
- Quickly move your gaze directly to the piece of paper.
- You should see a vague image in it.
- Focus on the vague afterimage so that it becomes clearer.
- Eventually, you should see a door appear.
- Imagine the door opening.
- This door will lead you to another world.

Rules:

- Do not look at anything besides the tattva image and the piece of paper.
- Try not to blink.

Aborting:

- You may abort any time before traveling to another world by looking away from the image.
- There are no instructions on how to return to this world once you have traveled to the other world.

How to Go to Another World Using a Train

Context:

This Japanese ritual first appeared on 2ch around 2008. The exact result of the ritual is a bit unclear. Its two original titles describe two different outcomes: traveling to another world or opening a demon gate. The ritual also involves thinking about something that you desire, so you may or may not also have a wish granted. Perhaps the demons grant your wish as a reward for allowing them into this world. However, the instructions for the ritual simply end without explaining what is actually supposed to happen after you complete the steps. You may or may not actually travel somewhere else. Demons may or may not be released into our world. Your wish may or may not be granted.

One story says that someone who attempted the ritual died the following day after attempting the ritual. He was found dead inside a stranger's pool, about 500 meters to the northeast of Naka-meguro Station. The fact that the man's body was found to the northeast is important since it is believed in Japan that the demon gate faces the northeast. It is a supernatural custom to avoid facing that direction because of that fact. It is also believed that it may be dangerous to break salt apart. It is possible that breaking the salt enacts a curse. Maybe the world you travel to as a result of the ritual is actually the world beyond this one that you travel to through death. Perhaps in death, you travel to hell where the demons live, thus opening the demon gate.

It is not recommended that you attempt this ritual since the outcome is unclear, but you may not be able to perform the ritual even if you want to. This ritual can only be performed in Tokyo using specific Tokyo Metro lines. There are two other rapid transit system operators: Toei Subway (run by the Tokyo Metropolitan Bureau of Transportation), and Japan Rail (JR) East. You may only perform this ritual using the Tokyo Metro lines. The ritual also

only works using the Hibiya line (which runs between Naka-meguro and Kita-senju) and the Tozai line (which runs between Nakano and Nishi-Funabashi). You can find more information on Tokyo Metro and the specific lines at tokyometro.jp. You should never travel on any other lines. Doing so will result in an unsuccessful attempt.

Salt is said to be present at various platforms during the ritual. It is unclear how this salt appears, and it is possible that the salt is no longer present on the platforms. If you attempt the ritual and find the salt missing, do not proceed. You may attempt the ritual another time, but the salt may or may not reappear.

Reward:

- Possibly travel to another world
- Possibly unleash demons into our world
- Possibly have a wish granted.

Dangers:

- Becoming trapped in another world

- Unleashing demons into our world
- Death

Players:

One principal

Requirements:

- A strong hate for your current life
- Assess to the Tokyo Metro
- 10 grains of uncooked rice
- A wish that you desire most in the world

Instructions:

1. Begin any time. Pick up 10 grains of uncooked rice and keep them on your person. Ensure that you have them stored so that you will not lose them. You may store them in a sealed bag or container.
2. First, go to Akihabara Station on the Tokyo Metro. Travel there by any means you prefer.
3. Enter the station and find the platform for the Hibiya line heading towards Naka-megura.
4. Enter the train and ride until you reach Kayabacho Station.
5. Exit the train at Kayabacho Station and go to the platform heading toward Hatchobori.
6. Do not enter a train. Instead, search the platform for a set of iron bars. Beneath the bars, you should find a small pile of salt.
7. Kick the salt with your feet to scatter it across the ground.
8. Now find the platform for the Tozai line heading towards Nakano.
9. Ride the Tozai line train to Takadanobaba Station.
10. Exit the train at Takadanobaba Station, then find the platform heading towards the Seibu Shinjuku line transfer.
11. At this platform, again search for iron bars. Beneath them, you should once again find a small pile of salt.
12. Just as before, kick the salt with your feet to scatter it across the ground.
13. Now, return to the Tozai line and find the platform to the Tozai line heading towards Nishi-Funabashi.
14. Ride the Tozai line toward Kayabacho Station.
15. Exit the train at Kayabacho station. Go to the ticket gate and exit.
16. Look for the station exit labeled 4A. Leave your salt on the stairs to this exit.
17. Now, return to the Kayabacho Station ticket gate and re-enter the station. Find the platform for the Hibiya line heading toward Naka-meguro.
18. Ride the Hibiya line train to Tsukiji Station.
19. Exit the train at Tsukiji Station and find the platform heading toward Tsukiji Hongan-ji Temple.
20. Once again, search for iron bars on this platform. Beneath the bars, you should find salt once again.

21. Just as before, kick the salt with your feet to scatter it around the ground.
22. Return to the Hibiya line and board. It does not matter which direction this train is traveling.
23. Close your eyes as soon as the train begins to move. Keeping them closed, focus entirely on the one thing that you desire most in the world.
24. Clasp your hands together and keep riding.

Rules:

- Ride only the Tokyo Metro Hibiya and Tozai lines.
- Make sure to keep your salt on you at all times until instructed to leave.
- Do not try to use your own salt as a replacement for missing salt on the platforms.

Aborting:

- If at any point you find yourself on an incorrect line, do not proceed. You may try again another time.
- Do not proceed if salt is missing from any of the platforms. You may try again another time, but the salt may not reappear.
- Once you are back on the Hibiya line at the end, there is no turning back.

Closet to Another World

Context:

This Japanese ritual first appeared on the internet in English in 2014 on sayainunderworld.blogspot.com. The ritual supposedly transports you to another dimension through the closet. Any closet should work; however, a traditional Japanese closet (called an oshi-ire) is preferred. Oshi-ire are separated into two levels by a horizontal wooden partition and traditionally do not contain a hanging bar like Western closets do.

This ritual is not inherently dangerous, but it is ill-advised since there are no instructions on how to return once reaching the other world. It is theorized that you may be able to return by following the instructions backward, but this is not confirmed. It is also theorized that you do not need to return if you alter the existing world rather than traveling to a different one.

To do this, you think about what word you would use to describe the world you live in. Then you think about a word that describes the world you want to live in. You write each word on separate pieces of paper and attach them to the glasses. Fill the glass with the word describing your current world. Imagine the world changing into what you want while pouring the water into the second glass. Then drink the water.

Reward:

Travel to another world

Dangers:

No way back

Players:

One principal

Requirements:

- A closet, preferably an oshi-ire
- A small piece of paper
- Something to write with (a fudepen (brush pen), felt-tip pen, or marker is recommended)
- 2 identical glasses
- Some water
- A large cardboard box that will fit inside the closet
- The calculation of your age squared (your age multiplied by itself)

Instructions:

1. Begin any time. Turn off all lights in the room with the closet and shut any doors in the room.
2. Write your name on the piece of paper. Fill one glass with water a seventh of the way up. Do not fill the second glass.
3. Put the cardboard box inside the closet. Calculate what your age squared is and remember it.
4. Enter the closet with the glasses and the piece of paper. Close the closet door and what sure it is pitch dark inside.
5. Sit down inside the cardboard box. Place the paper inside the filled glass. Close your eyes and begin counting.
6. Continue counting up to the number that is your age squared. When you reach that number, open your eyes.
7. Pour the water and paper into the empty glass.
8. Exit the closet and look around carefully. Do you see any changes? You may not know if your travel was successful or not for some time. But if you have traveled to the other dimension, know that returning to your own may not be possible.

Rules:

- It must be pitch dark inside the closet.
- You must count to exactly the number which is your age squared.
- Do not allow the glasses to become damaged.

Aborting:

You are safe to stop any time before finishing your count to the number of your age squared. After that, there is no turning back, and possibly no way home.

AKITA

Fed Up

Context:

This Japanese ritual first appeared on the internet in English in 2018 on sayainunderworld.blogspot.com. It is another ritual used for dimensional travel. Fed up is different in that it definitely does not allow for a return trip and is only advised for anyone truly fed up with their life and the world they live in.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A safe place to sleep
- A pillow
- A square piece of paper measuring exactly 5 cm by 5 cm
- Something to write with (a pen with red ink is strongly recommended)
- A bow compass (optional, but recommended)
- A ruler (optional, but recommended)
- A deep, unshakable desire to leave this world
- The ability to lucid dream (optional, but recommended)

Instructions:

1. Begin any time. Make sure you are alone and will be alone all night. Draw a hexagram large enough to fill the page on the piece of paper. To draw a hexagram, draw two equilateral triangles directly on top of each other. Make one point facing up and one point facing down. It should look like a six-pointed star. Optionally, use a compass and ruler.
2. Hold the paper in your hand while thinking about your discontentment with the world. Focus on everything you despise about the world and channel that feeling into your desire to leave for a different world.
3. Maintain your focus equally on three specific thoughts: your discontentment, your desire to leave this world, and your desire to find another world.
4. Write FED UP inside the hexagram. Write those two words exactly and nothing else.
5. Place the paper beneath your pillow. Lie down and go to sleep.
6. You may experience a strange dream where figures try to steal or damage your paper. You must not allow the paper to be stolen or damaged. If possible, wake yourself up.
7. When you wake up, check to see if the paper is still beneath your pillow. If the paper is still there, then your desire was not strong enough. Burn the paper and dispose of the ashes. You may try again later when your desire is stronger. If the paper is missing, then you succeeded.
8. Observe any changes in your surroundings. Explore your new world. Enjoy the experience, for there is no way back.

Rules:

- You must truly desire to leave this world behind.
- You must be alone without any bystanders.
- Do not allow the paper to be stolen or damaged.

Aborting:

- You may back out of the ritual up until the time you go to sleep. To do so, burn the paper and dispose of the ashes.
- If something tries to steal or damage your paper in your dream, wake yourself up by any means possible. Burn the paper and dispose of the ashes. You can try the ritual again another time.
- Once you reach the other world, it should be possible to “abort” that world as well by repeating the ritual again.

ELEVATOR TO ANOTHER WORLD, ELEVATOR TO HELL, ELEVATOR RITUAL, THE LIFT

The Elevator Game

Context:

Some sources claim that this ritual originated in South Korea while others claim it originated in Japan. The earliest traceable source, however, is a Japanese post on 2ch from 2008.

Another historical clue that the ritual most likely did originate in Japan is that in June 2006, an elevator in the Minato Ward in Tokyo malfunctioned. The elevator ascended on its own while the doors were still open. A 16-year-old high school student tragically died as a result. The incident shook the country and resulted in increased attention to elevator safety. In December 2008, the victim's family filed a civil suit, so the incident was still in the public's eye the same year that the earliest known source of this ritual appeared. It is also difficult to miss that the real-world event parallels the ritual. The Minato Ward elevator ascended on its own, and the elevator ritual is supposed to cause the elevator to ascend to the 10th floor even though you tell it to descend to the 1st.

It is believed that urban legends serve as a coping mechanism when tragedies occur. They allow us to explain why something that should not have happened did. In this case, it is easier to think the victim might have been killed while performing some elevator ritual than having been killed because the elevator malfunctioned. If the victim died because of the ritual, then you are safe inside an elevator as long you do not perform the ritual. If the victim died because the elevator malfunctioned, then you have to accept the fact that the elevator may malfunction at any time when you are using it. The first is definitely the safer belief.

From an objective viewpoint, it is interesting to compare how creating a legend around actual events can make reality feel safer while learning that

real-world events tie into the legend can make the story that much scarier. It definitely comes down to how affected you are by real-world events. If you are not affected and then find out that the real-world events happened, it gives the legend more weight and shows you that you could be affected. If you are affected by real-world events, though, creating a story can help separate you from the effect or make it easier to overlook real-world negligence which could have prevented the tragedy.

What really caused this ritual to go viral in the West, however, was the death of Elisa Lam due to video footage found during the investigation. Elisa Lam, a Canadian college student, was staying at the Cecil Hotel in Los Angeles in February 2013. She had bipolar disorder and depression and was taking several medications to manage both conditions. She began her stay in a shared room but was then reassigned to a private room at her roommates' request. On her final day at the hotel, she vanished.

During the investigation, security footage was found showing Elisa Lam behaving strangely. She does a lot inside the elevator without actually riding it. Among other things, she presses multiple buttons on the elevator control panel, looks around, acts as if she might be hiding from someone, gestures with her arms as if someone else is there, and finally exits the elevator. Possibly stranger is the fact that after she leaves the elevator, the door remains open for about 30 seconds. Then the doors open and close several times on their own. Elisa Lam's body was later found inside the hotel's water tank after guests complained about the water. Due to various reasons, the possibility that she committed suicide is unlikely.

Supposed connections between the death of Elisa Lam and the elevator game seem to have first appeared in 2014. Some people speculate that she was acting strangely during the footage because she was in the middle of performing the ritual. The off-screen person she was conversing with is speculated to be the woman on the fifth floor, and it is theorized that she died because of conversing with her. This theory is unsupported since her behavior in the footage does not match the instructions for the ritual. She remains on the same floor throughout the entire footage and presses more buttons than instructed for the ritual. Some people suggest that she was

performing the ritual incorrectly or that she was acting strangely because of the ritual, but there is no evidence to support that. Without any other evidence to support a connection between the elevator ritual and the footage, blaming her death on the ritual is offensive to her family who is still left without answers.

As one name for the ritual suggests, the other world you travel to may be hell. It is suspected that reason is why the floor order needs to be visited in the order instructed since it correlates to the devil's number, 666. The floor sequence is 4-2-6-2-10-5-1. The first two numbers added together equal 6 (4+2). After this is a 6. The following numbers can create an equation equaling 6 (2+10-5-1).

The other world is described as being identical to our own except that the lights will all be off and the only thing visible through the windows is a red cross. You will also be the only person there.

The instructions are written with the ground floor being the 1st floor. If the elevator you are using has a ground floor and a 1st-floor option (with the 1st floor being the floor above the ground floor), then you may either adjust the floor numbers in the instructions to match the altered numbers (so that you press different numbers but reach the same floors as described), or you may press the same numbers as instructed and reach different floors. Note, however, that the second option requires that the building contains 11 floors instead of 10 and requires you to begin and end the ritual on the 1st floor instead of the ground floor. This means that you will need to travel down the stairs before you can leave the building at the end of the ritual. If you use the first option, you will press the floor buttons in the following order: 3-1-5-1-9-4-0 (ground), instead of 4-2-6-2-10-5-1.

Returning from the other world may not be as simple as it seems. Sources vary on how you must return. Some sources say that if you choose not to exit the elevator when you reach the other world, you may return to your world by just returning to the first floor and exiting the elevator and then the building. Other sources say that you must follow the same return procedure as if you exited the elevator but specify that the return procedure will only be

successful if the woman is present inside the elevator with you. Other sources claim that you should perform the return procedure in reverse. This means you should press the floor buttons as 1-5-10-2-6-2-4 instead of 4-2-6-2-10-5-1.

Toshitaro Kobayashi shared an alternate 3-floor version on https://beauty.hotpepper.jp/ in 2020. You may perform this version with multiple principals. To perform this version, you must use an elevator that has a cancellation function. This function may work by pressing a "stop" button or by pressing a new button twice quickly. Make sure to test the elevator and its cancellation function before beginning the ritual.

Reward:

Visit another world

Dangers:

- Trapped in another world
- Death

Original 10-Floor Version

Players:

One principal

Requirements:

- A building with at least 10 floors above ground level
- An elevator with access to at least 10 floors above ground level

Instructions:

1. Begin any time. Enter the building and approach the elevator. Call the elevator using the up button.

2. Enter the elevator when the doors open. Make sure that you are the only one in the elevator. If anyone else enters the elevator at any point during the ritual, stop and resume from the beginning once you are alone again.
3. Go to the 4th floor.
4. When you reach the 4th floor, remain in the elevator. Press the button to go to the 2nd floor.
5. When you reach the 2nd floor, press the button to go to the 6th floor.
6. When you reach the 6th floor, press the button to go to the 2nd floor.
7. When you reach the 2nd floor, press the button to go to the 10th floor.
8. When you reach the 10th floor, you may feel uneasy. Press the button to go to the 5th floor.
9. When you reach the 5th floor, a young woman may enter the elevator, or it may just feel like someone has entered the elevator. Do not look behind you or at the woman while she enters the elevator. Do not speak. Your companion is not human.
10. This is your last chance to abort the ritual. If you are set on continuing, press the button to go to the 1st floor.
11. The elevator should go to the 10th floor instead of the 1st. If it does go to the 1st floor, immediately exit the elevator without looking back.
12. If the elevator went to the 10th floor, then you have reached the other world. You may explore if you are brave enough to do so, but make sure not to get lost. No electronic devices will work in this world.
13. If you do exit the elevator, the woman will ask you where you are going. Ignore her. Do not look at her or reply in any way.
14. When you are ready to return, enter the same elevator you were previously in. Press the buttons in the following order: 4-2-6-2-10-5.
15. The elevator will take you to the 5th floor. When you arrive, press the button to go to the 1st floor.
16. Once again, the elevator should go to the 10th floor instead of the 1st.

17. Quickly, before reaching the 10th floor, press any other button to cancel the request to go to the 10th floor.
18. When you reach the new floor, you should be back in our world. Press the button to go to the first floor if that is not the floor the elevator is already on.
19. Check every detail of the environment of the first floor before exiting the elevator. If anything looks or feels off, repeat the return process by entering the sequence: 4-2-6-2-10-5. Do this as many times as needed until you are sure you have returned to our world.
20. If you faint at any point during the ritual, you will probably wake up in what looks like your home. It may or may not be your actual home, though.

Rules:

- Do not attempt with more than one principal.
- Do not attempt with any bystanders.
- Do not continue if anyone else enters the elevator.
- Do not leave the elevator except on the 10th and then the 1st floor.
- Do not look at the woman.
- Do not speak to the woman.
- Do not get lost in the other world.
- You must return using the same elevator.
- Do not faint.
- Do not exit the elevator on the 1st floor unless you are sure you have returned.

Aborting:

You may abort the ritual any time before pressing the button for the 1st floor. All you have to do is stop following the instructions.

Once you reach the 10th floor, the only way back is by entering the following sequence: 4-2-6-2-10-5. When you arrive on the 5th floor, press the button to go to the 1st floor. The elevator should go to the 10th floor instead of the 1st. Quickly, before reaching the 10th floor, press any other button to cancel the request to go to the 10th floor. Press the button to go to the first floor if that is not the floor the elevator is already on. Check every detail of the environment

of the first floor before exiting the elevator. If anything looks or feels off, repeat the return process as many times as needed until you are sure you have returned to our world.

3-Floor Version

Players:

At least one principal

Requirements:

- A building with at least 3 floors above ground level
- An elevator with access to at least 3 floors above ground level and the ability to cancel selected buttons.

Instructions:

1. Begin any time. Enter the building and approach the elevator. Call the elevator using the up button.
2. All principals must enter the same elevator when the doors open. Make sure that no one else is in the elevator. If anyone else enters the elevator at any point during the ritual, stop and resume from the beginning once you are alone again.
3. Press, then release the button for the 3rd floor. Then quickly press and hold down the button for “door close.”
4. Hold the button until the door begins to close. Right before the doors finish closing, release the button, and press and release the “door open” button instead. If the doors fully close, the ritual has failed.
5. As soon as the doors begin to open, press, and release the “door close” button.
6. Cancel the previously selected button press to go to the 3rd floor.
7. Now, press and release the “door open” button. You should still see the 1st floor when the doors open. If the elevator has moved at any point, the ritual has failed.

8. Press the button for the 3rd floor and allow the elevator to travel there uninterrupted.
9. When you reach the 3rd floor, remain inside the elevator. Press the button to go to the first floor.
10. When you reach the 1st floor, press the button to go to the 2nd floor.
11. When you reach the 2nd floor, press the button to go to the 1st floor.
12. When you reach the 1st floor, press the button to go to the 3rd floor.
13. When you reach the 3rd floor, press the button to go to the 2nd floor.
14. When you reach the 2nd floor, press the button to go to the 1st floor.
15. When you reach the 1st floor, press the button to go to the 2nd floor.
16. When you reach the 2nd floor, press the button to go to the 3rd floor.
17. When you reach the 3rd floor, press the button to go to the 2nd floor.
18. When you reach the 2nd floor, press the button to go to the 1st floor.
19. When you reach the 1st floor, press the button to go to the 3rd floor.
20. When you reach the 3rd floor, press the button for the 1st floor, but then immediately cancel the call. Do not leave the elevator.
21. Press the button for the 2nd floor, but then immediately cancel the call. Do not leave the elevator.
22. Press the button to go to the 1st floor and let the elevator travel there uninterrupted.
23. When you reach the 1st floor, press the button to go to the 2nd floor.
24. When you reach the 2nd floor, someone may enter the elevator. Do not be afraid, but do not say anything to them.
25. Press the button for the 1st floor, but then immediately cancel the call. Press the button for the 1st floor a second time.
26. The elevator will travel to the 1st floor, but as soon as it arrives, it should immediately ascend to the 3rd floor. If the elevator doors open on the 1st floor or the elevator does not ascend to the 3rd

floor, immediately leave the building without looking behind you.

27. If the elevator ascends to the 3rd floor, you may still abort the ritual by pressing any other button besides the 3rd floor button. Then you should return to the 1st floor and immediately leave the building without looking behind you.
28. If you allow the elevator to reach the 3rd floor, then you should see the other world beyond the doors. You may choose to remain safe within the elevator or leave the elevator to explore. If you do leave, just make sure not to get lost.
29. When you are ready to return to your world, you must reenter the same elevator you previously used.
30. Press the button to go to the 1st floor, but then immediately cancel the call.
31. Press the button to go to the 2nd floor and allow the elevator to travel there uninterrupted.
32. When you reach the 2nd floor, press the button to go to the 1st floor.
33. When you reach the 1st floor, press the button for the 2nd floor, but then immediately cancel the call.
34. Press the button for the 1st floor, but then immediately cancel the call.
35. Press the button to go to the 3rd floor and allow the elevator to travel there uninterrupted.
36. When you reach the 3rd floor, press the button to go to the 1st floor.
37. When you reach the 1st floor, press the button to go to the 2nd floor.
38. When you reach the 2nd floor, press the button to go to the 3rd floor.
39. When you reach the 3rd floor, press the button to go to the 2nd floor.
40. When you reach the 2nd floor, press the button to go to the 1st floor.
41. When you reach the 1st floor, press the button for the 2nd floor.
42. When you reach the 2nd floor, press the button for the 1st floor.
43. When you reach the 1st floor, press the button for the 3rd floor.
44. When you reach the third floor, press and hold the button for the 1st floor, but then quickly press and hold the “door close” button until

the doors begin to close.

45. Right before the door closes, release the button and press and release the “door open” button instead. If the doors close all the way, the return procedure has failed.
46. When the doors begin to open, press and release the “door close” button. Then cancel the previously selected button to go to the 1st floor.
47. Press and release the “door open” button. When the doors open, you should still see the 3rd floor. If the elevator has moved from the 3rd floor, the return procedure has failed.
48. Press the button to go to the 1st floor.
49. When you reach the 1st floor, allow the doors to open but do not leave the elevator.
50. Inspect the floor beyond the elevator. Does anything look or feel off? If so, repeat the return procedure. Repeat the steps as many times as needed until you are sure you are back in your world.

Rules:

- You must travel between the floors exactly as instructed.
- Do not proceed if anyone not performing the ritual enters the elevator at any point during the ritual.
- Do not proceed if the doors fully close at the beginning of the ritual.
- Do not proceed if the elevator moves before reopening the doors at the beginning of the ritual.
- Do not proceed if you accidentally press any other button than described in the instructions.
- Do not proceed if you accidentally cancel any selection.

Aborting:

- You may abort the ritual at any point before reaching the other world by returning to the 1st floor and immediately exiting both the elevator and building without looking back. You should never ride that elevator ever again. If possible, avoid entering that building ever again.
- Once you reach the other world, you must follow the return

procedure outlined in the instructions above. If you fail to follow the instructions at any point, repeat the procedure from the beginning. Keep trying until you are sure that you have returned to our world.

God of Time

Context:

This ritual dates back to at least 2016.

Multiple gods related to time exist throughout the world, but the phrase “the god of time” generally refers to the Greek god Chronos. He is seen as time personified. It seems that this ritual involves praying to the god Chronos at one of the specific times when he is most likely to hear you.

There are two versions of this ritual, but the only real difference is what you say. In one version, all you have to do is chant what you want. In the other, you have to chant the specific chant listed in the instructions below.

Reward:

Have your wish granted.

Dangers:

Unknown

Players:

One principal

Requirements:

A clock or watch (an electronic watch is recommended)

Instructions:

1. Begin at a time when the hour and minute are the same number. For

example, you may begin at 1:01, 1:02, 3:03, etc.

2. For the entire minute when the hour and minute are the same number, concentrate your focus on your desire. Chant your wish in your head. A possible chant is "Please give me the god of the clock, the god of time. I wish my wish to (state your wish) to come true."

Rules:

- This will only work during a minute when the hour and minute are the same number.
- Chant in your head instead of aloud.
- You may wish to travel to another world.

Aborting:

There is no way to abort the ritual.

How to Travel Through Time by Spinning

Context:

As simple as this ritual is, it doesn’t seem as far-fetched to me as some of the others. This might just be me, but spinning looks like a spiral in real time. Spirals symbolize large concepts such as evolution, consciousness, creation, and awareness. Spirals are most associated with the Celts who used them often in decorations. One of the meanings of spirals is surrendering and letting go. That meaning works with the concept behind this ritual. By spinning and focusing all of your awareness on the act of spinning, you are letting go of all that surrounds you. Even if you try to look at your surroundings, they will be too blurry to fully make out. By the time you reopen your eyes, you will be in a new mental space, prepared to take in a new world around you. In a way, we could see this ritual as either changing our perception of the same world or just helping us accept the altered world that we long for.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

None

Instructions:

1. Begin at any time. Rotate fully around in a circle at a constant speed for at least 15 minutes.
2. When you stop spinning, you should find yourself in another world.

Rules:

Your speed must remain at a constant speed for the full 15 minutes.

Aborting:

To abort the ritual early, all you need to do is stop spinning before 15 minutes have passed.

Travel to Another World Using a Circle

Context:

This ritual was included on a 2021 compilation list of different methods of traveling to other worlds written by Kagemi Morino [森野景御（愛称、サグ、SAGU 、モリノ）] on note.com. I searched but could not find any other sources. Kagemi claims in their post that the original poster has admitted that this ritual is fake. Please do not attempt it since it involves using your own blood and nothing will happen.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

At least two assistants

Requirements:

- A large space, either indoors or outdoors
- Something to draw on the ground with (if outdoors in dirt or grass, you can use your finger)
- A piece of paper

- A sharp object
- The main principal's blood

Instructions:

1. Draw the principal's blood using the sharp object. Soak the piece of paper in the blood.
2. Draw a large circle on the ground.
3. Have all assistants stand around the circle.
4. The principal enters the circle and lays the piece of paper down in the center.
5. Everyone closes their eyes and chants "I want to go to another world."
6. When the principal reopens their eyes, they should find themself in another world.

Rules:

- The blood must belong to the principal.
- Only the principal should be inside the circle.

Aborting:

You may abort the ritual at any point prior to chanting.

How to Travel to Another World by Using the Power of the Full Moon

Context:

Many beliefs surround the full moon. Rituals and ceremonies are often performed to honor the moon and harness its energy. Now that knowledge

about witchcraft has become more widespread, moon magic is generally associated with witchcraft. The full moon is also important in Hinduism, however. On Purnima, a yagna or havan called the Maha Miritunjaya havan is performed to honor the moon.

Full moons are considered times of fruition. By working with and harnessing the full moon's energy, you can bring your desires to fruition.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A full moon
- A window

Instructions:

1. Begin on the night of the full moon. Stand in front of a window.
2. Bath in the moonlight while saying aloud, "What kind of world do you want to go to?" Answer the question aloud, then ask, "What kind of person do you want to be?" Again, answer the question aloud.
3. Repeat the questions and answers 5 times.
4. Go to sleep.
5. When you wake up, you should find yourself in the world you asked for.

Rules:

It must be a night of the full moon.

Aborting:

You may abort by stopping before repeating the questions and answers a total of five times.

The White Room and the Magic of Numbers

Context:

This ritual can only be performed at 4:44:44 on April 4th. Repeating numbers are often called angel numbers since they are seen as messages from the universe. The number sequence 44 can mean that the universe wants you to expand your idea about what is possible. In numerology, the number sequence 444 signifies the creation and building of new worlds. These meanings clearly line up with the intention of this ritual. Only being able to attempt the return trip at 3:33:33 on March 3rd makes less sense. The meanings around 33 and 333 involve creativity, maternity, and safety. Perhaps the significance is that you are seeking to return to the place of safety and your mother. Or, perhaps the number holds no other meaning than the fact that it is the exact same sequence as the first, minus 1.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A white wall
- White clothes
- Black clothes (only required if you want to return)
- A clock (an electronic watch is recommended)

Instructions:

1. Begin on April 4th. Shortly before 4:44:44 dress fully in white clothes.
2. At exactly 4:44:44, touch the white wall.
3. You should find yourself in a new world.
4. You may return to our world but only on March 3rd.
5. Shortly before 3:33:33, dress fully in black clothes.
6. At exactly 3:33:33, touch the white wall.
7. You should find yourself back in our world.

Rules:

- You must be dressed entirely in white or black, depending on which trip you are making.
- You may only attempt the trip at exactly 4:44:44 on April 4th.
- You may only attempt the return trip at exactly 3:33:33 on March 3rd.

Aborting:

Once you travel to the other world, there is no way to return until March 3rd.

Website to Another World

Context:

There is a website that supposedly will lead you to another world. While searching for this website, I found this website, which may or may not be the one described. Perhaps multiple websites exist. Be cautious using the website since I received a security notification that the website is not secure. I chose not to submit my information just to be safe, and it might be best that you don't either.

Reward:

Travel to another world.

Dangers:

- Security breach
- A computer virus
- Trapped in another world.

Players:

One principal

Requirements:

- A computer
- An internet connection
- The website address

Instructions:

Visit https://nanos-jp.translate.goog/tripsdoor?_x_tr_sch=http&_x_tr_sl=ja&_x_tr_tl=en&_x_tr_hl=en&_x_tr_pto=sc and follow the onscreen prompts.

Rules:

Be careful using the website.

Aborting:

You may abort at any time by exiting the website.

Self ○

Context:

According to the story, if you kill yourself, you will begin the same life over again rather than being reincarnated into a new one. You become trapped in an endless time loop with no way of escaping.

Although this ritual involves restarting your life instead of traveling to another world, it has been classified as a ritual for traveling to another world. Needless to say, do not attempt this.

Reward:

Restart your life.

Dangers:

Stuck in an infinite time loop.

Players:

One principal

Requirements:

Commit suicide

Instructions:

1. Commit suicide by any means.
2. Restart your life over.
3. You may attempt to alter the course of your life, but ultimately you will reach your end and be forced to begin again.

Rules:

Do not attempt this.

Aborting:

There is no way to escape the loop once you have entered it.

The Top Drawer of the Desk

Context:

This ritual was included on a 2021 compilation list of different methods of traveling to other worlds written by Kagemi Morino [森野景御（愛称、サグ、SAGU 、モリノ）] on note.com. I searched but could not find any other sources. Note that this ritual actually works to fulfill a wish that you want to achieve, but you can write down that you wish to travel to another world if you wish.

Reward:

Have a wish fulfilled.

Dangers:

Unknown

Players:

One principal

Requirements:

- A desk with at least two drawers, one above the other
- A square piece of white paper
- A pen with red or pink ink

Instructions:

1. Write your wish about what you want to achieve in the near future.

2. Fold the paper in half and store it in the top drawer of the desk.

Rules:

- Do not let anyone see the paper before a week has passed.
- You may write that you wish to travel to another world.

Aborting:

To abort the ritual, all you need to do is show the paper to someone.

Programming with Power Stone

Context:

Crystals absorb and transmit energy. By programming a crystal, you are telling the crystal what it is that you wish for it to absorb or transmit. Each type of crystal has its unique properties which allows it to best assist with different goals. This method is essentially working with crystals in order to manifest your desire. Some of the best crystals with manifestation properties are clear quartz, tiger's eye, malachite, rainbow quartz, green jade, rose quartz, citrine, black obsidian, pyrite, aventurine, carnelian, amethyst, and hematite. If you specifically want to travel to another world, it is said that turquoise, sapphire, and ruby are the best. The best cuts to use for manifestation are raw, tumbled, palm stones, towers, wands, egg-shaped, and jewelry.

Reward:

Wish granted

Dangers:

None

Players:

One principal

Requirements:

A crystal or power stone

Instructions:

1. Choose a crystal or power stone to wish upon. Look at the stone and ask it for its support. State your wish aloud.
2. Lift the stone up with both hands and gently blow on it three times.
3. Leave the stone somewhere safe until your wish comes true.
4. Once your wish has come true, thank the stone.
5. Reset the stone by either blowing on it again three times or washing it with running water. Before washing any stone, make sure that the stone is water-safe.

Rules:

- Do not wish for anything that will harm or unhappiness in someone else.
- Do not make a wish for someone else.
- You may wish to travel to another world.
- Only make one wish per stone.
- A bracelet counts as a single stone.
- Do not use the stone again until after you have reset it.
- Before washing any stone, make sure that the stone is water-safe.

Aborting:

If you wish to abort your request, just ask the stone to abort the request, then reset the stone by blowing on it three times or washing it with running water.

Water Mirror

Context:

This particular ritual for using moon water to grant your wish dates back to at least 2016 and seems to have originated in Japan. According to nijitrip-seesaa.net, it can be used to travel to another world.

Moon water is water that is left overnight where the moon's rays can hit it. The energy and power from the moon then charges the water. While this ritual is specifically used for manifestation, moon water may also be used to cleanse, balance your emotional body, connect with the moon and the universe, and help promote creativity.

Reward:

Have your wish granted.

Dangers:

Negative energy

Players:

One principal

Requirements:

- 3 pieces of paper
- A writing device
- A bowl or basin
- Water

Instructions:

1. Begin at night on any day after the new moon but before the full moon.
2. Write your wish on a piece of paper.
3. Fill the bowl with water. Place the bowl somewhere where it can reflect the moon in the water.
4. Place all three pieces of paper into the water.
5. Pray your wish over the bowl.

Rules:

- You must be able to see the moon reflected in the water.
- The moon must be between the new and full moon.
- Do not attempt this during an eclipse since that will bring negativity into your life.

Aborting:

You may abort any time prior to praying over the water.

Red String

Context:

This particular set of instructions dates back to at least 2016 and seems to have originated in Japan.

Red string has been worn across time and cultures for protection, good luck, strength, faith, and connection. Red string is most often associated with Hinduism, Buddhism, Christianity, Kabbalah, and Ancient Chinese lore. The steps of this ritual most closely parallel Buddhist tradition. During certain ceremonies, the Lama blesses red thread, then ties a knot into it while chanting a mantra. The instructions end after tying the knots, but my suggestion is that you create a bracelet with the string and wear it until your wish comes true.

Reward:

Have a wish granted.

Dangers:

Unknown

Players:

One principal

Requirements:

Red string

Instructions:

1. Begin any time. Pray strongly that your wish will come true.

2. Then recite the following while tying nine knots in the red string. Tie each knot as you reach that number in the chant.
3. "1 magic begins. 2 it becomes true. 3 it should be. At 4 the power is stored. At 5 the magic comes to life. At 6 the magic is not solidified. At 7 things happened. At 8 it became destiny. At the 9th knot, what was done."

Rules:

- Time the tying of the knots to match the song.
- You may wish to travel to another world.

Aborting:

You may abort any time before reaching the end of the chant.

How to Travel to Another World Using Bread

Context:

This ritual dates back to at least 2016.

The instructions are so simple and illogical. Why would this allow you to travel to another world? It doesn't make any sense to me. It also does not explain when and how you travel to the other world. Do you eat the bread to travel there, or you just read the word on the burnt bread, and poof, there you are teleported into the other world?

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A loaf of bread
- Butter or jam
- A knife, spoon, or other spreading utensil

Instructions:

1. Begin at any time. Place the loaf of bread in a baking dish.
2. Write the name of the world you want to travel to on top of the loaf of bread using the butter or jam.
3. Bake the loaf of bread in the oven until it burns.
4. Remove the loaf of bread from the oven. If the word is still legible, then you will travel to the named world.

Rules:

You must burn the bread.

Aborting:

There are no instructions for aborting the ritual.

How to Travel to Another World by Reading Books

Context:

This ritual dates back to at least 2016.

Reward:

Travel to another world.

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A book
- A cup
- Water

Instructions:

1. Begin at night. Drink a glass of water.
2. Then, read a book until feel the need to use the bathroom.
3. Use the restroom.
4. Repeat this process four times.

5. After using the bathroom the 5th time, turn off all the lights in your bedroom. Close the curtains on any windows. Then go to sleep.
6. When you wake up, you should be in the other world.

Rules:

- You must use the bathroom a total of 5 times before going to sleep.
- You must read the manga or book about the world you want to travel to.

Aborting:

- You may abort the ritual at any time prior to using the bathroom a 5th time.
- If you have used the bathroom time times and you still

Travel to Another World Using Garlic

Context:

This ritual dates back to at least 2016. This seems similar to the moon water method except you are amplifying the water's strength by adding garlic and soy sauce. Garlic is believed to ward off negative energies and boost power.

Reward:

Travel to another world

Dangers:

Trapped in another world

Players:

One principal

Requirements:

- A shallow bowl or dish
- Garlic
- Soy sauce
- Water
- A window

Instructions:

1. Begin at night. Place a shallow bowl or dish on the windowsill. For the best results, make sure there is moonlight.
2. Add some water, soy sauce, and garlic to the bowl, making sure that

it does not overflow.
3. Go to sleep.
4. When you wake up, you should wake up in another world.

Rules:

Make sure not to let the contents of the bowl overflow.

Aborting:

There is no way to abort once you go to sleep.

How to Travel to Another World by Putting an Unlit Candle on Your Head

Context:

This ritual dates back to at least 2016.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

Your bedroom

Candle

Water

Instructions:

1. Begin at night when you are alone. Enter your bedroom and turn off all the lights in the room.
2. Set an unlit candle on your head.

3. Walk around the room without letting the candle fall off your head.
4. Anoint the candle with water and leave it in the living room.
5. Go to sleep.
6. When you wake up, you should find yourself in the other world.

Rules:

- You must perform the ritual in your normal bedroom.
- The candle must not fall off your head.
- No one should see you.

Aborting:

If you wish to abort the ritual before the night is over, all you need to do is retrieve the candle from the living room.

Paper and Delusion

Context:

This ritual dates back to at least 2016.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A piece of white paper
- A red pen
- A pillow

Instructions:

1. Begin at night. Write on the piece of paper a concise description of what you want to do in the other world.
2. Place the piece of paper under your pillow.
3. Optionally, you can watch a video or read a book about the world you want to go to.
4. Go to sleep while imagining yourself doing what you wrote down.

Rules:

Write as specific and concise a description as possible.

Aborting:

To abort the ritual, remove the paper from beneath your pillow.

Make a Wish Using Bandages

Context:

This ritual dates back to at least 2016.

Reward:

Have your wish granted.

Dangers:

Unknown

Players:

One principal

Requirements:

- A pen or marker
- A bandage

Instructions:

1. Begin at night. Draw a star on one of your arms, then cover the drawing with a bandage.
2. Go to sleep still wearing the bandage.
3. Repeat this process the next night.
4. Your wish should then come true. The timing will vary, but it might take around a month. For best results, you can repeat the process longer.

Rules:

You can wish to travel to another world.

Aborting:

There are no instructions on how to negate a wish once it is made.

Have Your Wish Granted by a Doll

Context:

This ritual dates back to at least 2016.

Reward:

A wish granted

Dangers:

Unknown

Players:

One principal

Requirements:

A doll of stuffed animal

Instructions:

1. Begin at night. Lie down to go to sleep.
2. Cuddle a doll or stuffed animal to your chest.
3. Politely ask the doll to grant your wish, either silently or aloud. Feel your desire in your heart.
4. Go to sleep and wait for your wish to come true.
5. After your wish comes true, hug the doll again and politely thank the doll for granting your wish. Feel your appreciation in your heart.
6. If you wished to travel to another world and the doll is gone, thank

the doll anyway.

Rules:

- Be polite.
- Be patient.

Aborting:

- You should be able to alter or negate your wish by telling the doll that you wish to do so.
- If you travel to another world and want to return, repeat this process with the same or a new doll.

How to Travel to Another World Using a Coin

Context:

This Japanese ritual dates back to at least 2016. This method is specifically meant to allow you to travel to a fictional world and become a character from that world.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A coin of little value (a 5-yen coin is recommended, for best results use a coin produced the same year you were born)
- A piece of paper
- A pen or pencil
- Tape

Instructions:

1. Begin at night. Write the name of the world you want to go to on

the piece of paper. Then write the name of a character from that world that you want to be like.
2. Wrap the paper around a coin of little value.
3. Place the paper in the middle of your palm and secure it there with tape.
4. Go to sleep.
5. When you wake up, you should find yourself in the other world.

Rules:

- Be as specific as possible about the world you want to go to and the character you want to be like.
- The paper must stay in your palm all night.

Aborting:

All you need to do to abort the ritual is remove the paper from your palm.

How to Make a Wish Using Lipstick

Context:

This Japanese ritual dates back to at least 2016. I could not find any English sources about lipstick charms, but according to a 2022 post on omajinai3-24.net, using new lipstick as a charm is at least a famous spell in Japan. You can supposedly use this charm to wish to travel to another world.

Reward:

Have a wish granted.

Dangers:

Unknown

Players:

One principal

Requirements:

One new, unopened lipstick

Instructions:

1. Begin any time. Apply lipstick to your lips.
2. Make a wish.
3. Repeat this for 10 days straight.
4. Be patient. If you wait a long time and your wish still does not come true, you may try again by performing the ritual for a longer period.

Rules:

You the same lipstick each day.

Aborting:

- To alter your wish, change the wish that you make before the 10 days are up.
- To negate your wish, stop before the 10 days are up.

Grant Your Wishes Using a Notepad

Context:

This ritual dates back to 2016 and can supposedly specifically be used to travel to another world. The instructions basically sound like writing manifestations statements to me. For best manifestation results, you should write down what you manifest in the present tense to tell the universe that you are committed to having and doing the thing that you are writing down. I believe you can manifest anything you want, but to use this method to travel to another world, your desire and belief would have to be incredibly strong.

Reward:

Have 7 wishes granted.

Dangers:

Unknown

Players:

One principal

Requirements:

- A smartphone or paper notepad
- A writing device (if using a notepad)
- Exactly 7 wishes

Instructions:

1. Write down, either on your phone or in a notepad, seven wishes that you want granted. Make sure to write the wishes in order from which one you want granted the least first, and the wishes you want granted most last. For best results, write your wishes in present perfect tense. For example, instead of saying “I wish to travel to another world,” you would write “I am traveling to another world.”

Rules:

- Write your wishes from least desired to most desired.
- Write your wishes in present perfect tense.

Aborting:

There are no instructions on negating your wishes after writing them. You can probably erase them or cross them out.

Hexagram in the Garden

Context:

This ritual dates back to at least 2016 and seems to have originated in Japan. The hexagram itself, however, is heavily associated with Judaism. It is often called the Star of David. It is believed to function as an amulet for maximizing power and removing limitations.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A garden or park
- A stick, chalk, or something else to draw with (optional, it depends on where you draw. You can use your finger in dirt, if possible)

Instructions:

1. Begin any time. Go to a garden or park and make sure no one is around.
2. Draw a six-pointed star on the ground.
3. Step into the circle and position yourself in the center.
4. Close your eyes and focus on the world that you want to travel to.
5. Open your eyes and see if the ritual worked.

6. If it did not, erase the hexagram. You may try again another time.

Rules:

No one can see you while performing the ritual.

Aborting:

You may abort the ritual any time by stepping out of the circle.

How to Make a Wish Using Email

Context:

This ritual dates back to at least 2016. It seems similar to the notebook version, except this one involves only one wish and using symbols. My guess is that the symbols are supposed to add extra energy toward your intention. Although the email could be "magically" sent to someone, it definitely helps your subconscious believe it can manifest what you desire. Kagemi claims you can specifically wish to travel to another world.

Reward:

Have a wish granted.

Dangers:

Unknown

Players:

One principal

Requirements:

- A device equipped with internet and the ability to send emails
- An email account

Instructions:

1. Begin at any time. Write an email with a short body message explaining your wish. For best results, limit the body message to 20

characters or fewer.

2. Add a symbol before and after the body message based on what type of wish it is. For a wish regarding love, add the ▽ symbol. For a wish regarding work, add the △ symbol. For a wish regarding money, add the □ symbol. For any other wish, the ☆ symbol.
3. Leave the subject line and the to line empty.
4. Save the email as a draft.

Rules:

- Do not wish for anything negative or harmful.
- Do not enter anything in the subject line.
- Do not enter anything in the to line.
- The symbols must be hollow rather than filled in.
- Be patient.

Aborting:

To negate your wish, just delete the email.

EMERGENCY LAW

急急如律令 (Emergency Ordinance)

Context:

This Japanese ritual dates back to at least 2016.

How to best translate the name (and the corresponding phrase you are supposed to write) is not entirely clear. The kanji phrase does not entirely make sense, but when I searched results about the military and laws came up, so it doesn't seem to be as unusual a phrase as it seems. Basically, the phrase is made up of the kanji 急 and 如律令. 急 can mean multiple things relating to speed. It can mean hasty, urgent, sudden, abrupt, etc. For some reason, the kanji is repeated twice. When I entered both kanji together on jisho.org, no results with the repeating kanji came up. According to Google Translate, 如律令 can either mean emergency law or urgent Ritsuryo. When I entered it in jisho, however, no results contained all three kanji. Based on the Google translation and the Google results when I searched it, the phrase means something similar to decree, law, or ordinance. Since the best translation is unclear, you should write the phrase in kanji for the best results.

Reward:

Have a wish granted.

Dangers:

Unknown

Players:

One principal

Requirements:

- A piece of paper
- A pen (red ink is recommended)
- An envelope that you like or have sentimental value toward

Instructions:

1. Begin any time. Write your wish down on the piece of paper while feeling your desire in your heart.
2. Beneath your wish, write, “ 如律令 .”
3. Insert the paper inside the envelope.
4. Always wear the envelope on yourself in a way that cannot be seen.
5. Wear the envelope until your wish comes true.

Rules:

- Do not tell anyone about the ritual or your wish.
- Do not let anyone see the envelope.

Aborting:

To negate your wish, just remove the envelope or show it to someone.

The Spell that Connects the Window and the Second Dimension

Context:

This ritual supposedly originates from Japan and dates back to at least 2016. I tried entering the phrase “Leverison Martagan Yuuran Sovereign” into Google Translate, and oddly enough, Google Translate just said this was English and would not translate it. When I removed “Leverison” and “sovereign” (leaving “Martagan Yuuran”), it said the detected language is Uzbek but still did not provide any difference in the translation. Wondering if I somehow just did not know these English words, I searched each individual word on Dictionary.com and got no results. If it means anything, the phrase is originally written in hiragana rather than using any kanji.

It is said that you may travel to the other world in your dream or real life. If you perform the ritual alone, you are more likely to travel there in your dream. If you perform the ritual with someone else, your chance of actually traveling there increases. However, there is a risk that from doing this ritual and traveling to the other world in your dream, you may fall unconscious for an extended amount of time in the real world.

Reward:

Travel to another world

Dangers:

- Falling unconscious for a long time
- Trapped in another world.

Players:

One or two principals

Requirements:

A window

Instructions:

1. Begin at night before bed. Make sure that no one who is not participating is in the room with you. Put either your hands or your back against the largest window in your house. If possible, touch both your back and your hands to the window.
2. Chant “Leverison Martagan Yuuran Sovereign.”
3. Go to sleep.

Rules:

Make sure that no one who is not participating sees you.

Aborting:

There are no instructions on how to abort the ritual.

How to Travel to Another World During Thunder

Context:

This ritual dates back to at least 2016. Lightning, thunder’s counterpart, can be seen as powerful and potentially holding the power of the gods. Several religions have viewed lightning as connected to a deity. The king of the Greek gods Zeus is symbolized by the thunderbolt. Perun, the god of thunder and lightning, is the highest god in the Slavic pantheon. The Baltic pantheon also considers its god of thunder, Pērkons, as one of the most important deities. This may suggest that the ritual's intention is to make a wish to god when they are present to hear your wish. The ritual's success or failure then relies on the willingness of the god to answer your request.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- Thunder
- A pen or marker

Instructions:

- Begin at any time when it is thundering.
- Think about the world that you want to go to while listening to the thunder.
- Then write the name of the world you want to go to on your non-dominant hand (if you are ambidexterity just pick a hand).
- Go to sleep.
- When you wake up, you should be in another world.

Rules:

Be as specific as possible about what world you want to go to.

Aborting:

- There are no instructions on how to abort this ritual.
- If you want to return to your world, or want to travel to another new world, you should be able to repeat these same steps.

How to Travel to Another World Using Perfume

Context:

This ritual seems to be Japanese. It was included on a 2021 compilation list of different methods of traveling to other worlds written by Kagemi Morino [森野景御（愛称、サグ、SAGU 、モリノ）] on note.com. This ritual can supposedly help you travel to another world. I searched but could not find any other sources. The instructions said to write down what you think is 不思議 (fushigi). Google wanted to translate it to strange, but jisho.org said it can also mean wonderful, marvelous, incredible, etc. My first impression was that you are supposed to write down every strange thought that comes to mind for the hour, but I don't understand what that would accomplish. It makes more sense to me that you should write about the marvelous things you want to do in the world you travel to

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- Perfume or scented water
- Cotton ball or tissue
- Paper

- A pen or pencil

Instructions:

1. Begin any time. Add 1 drop, or 1/10th of a cup, of perfume onto a cotton ball.
2. Apply the wet cotton ball to your nails.
3. For the next hour, write down everything you find marvelous and strange.

Rules:

- Do not apply too much perfume.
- Write for an entire hour.

Aborting:

There are no instructions on how to abort this ritual.

How to Travel to Another World at School

Context:

This ritual was included on a 2021 compilation list of different methods of traveling to other worlds written by Kagemi Morino [森野景御（愛称、サグ、SAGU 、モリノ）] on note.com. I searched but could not find any other sources.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A school with at least 3 floors
- A time-keeping device (an electronic watch is recommended)

Instructions:

1. Begin on April 4th. Enter the school.
2. Shortly before 4:44, climb to the 3rd floor.
3. At exactly 4:44:44, run as fast as you can down the 3rd floor

hallway.
4. If you are lucky, a portal may open up beneath you.

Rules:

- You must be in a school.
- It must be on the 3rd floor.
- You must run as fast as possible.

Aborting:

There are no instructions on how to abort this ritual.

Blue Paper/White Paper

Context:

This ritual dates back to at least 2016.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A piece of blue paper
- A piece of white paper
- A pen or pencil

Instructions:

1. Begin at any time. Take the blue paper and write down what kind of world you want to travel to.
2. Take the white paper and write down what kind of people you want to meet there and what kind of relationships you want to have with the people there.

Rules:

The pieces of paper must be blue and white.

Aborting:

There are no instructions on how to abort this ritual.

Green Origami

Context:

This Japanese ritual dates back to at least 2016. You can supposedly use this to travel to another world.

Reward:

Have your wishes granted.

Dangers:

Unknown

Players:

One principal

Requirements:

- A piece of green origami paper
- A pen or mechanical pencil (a pen with blue or red ink is recommended)
- A pillow

Instructions:

1. Begin between 1 and 2 a.m. Write as many wishes as you can on

the origami paper.
2. Put the origami paper under your pillow and go to sleep.
3. In the morning, store the origami paper where it will not be found.
4. Continue to sleep with the origami paper under your pillow for a month.

Rules:

- Don’t let anyone see you writing your wishes.
- Don’t let anyone see your wishes after you have finished writing them.
- Don’t make the same wish twice.

Aborting:

To negate your wishes, stop sleeping with the origami paper before a month has passed or show the paper to someone.

Wind Goddess

Context:

This ritual dates back to at least 2016. It grants a wish. Supposedly, you can use this method to travel to another world.

Reward:

Have your wish granted.

Dangers:

Unknown

Players:

One principal

Requirements:

- An outdoor space
- Wind

Instructions:

1. Begin on a windy day. Raise your right hand and point your index finger toward the sky.
2. Face the direction the wind is coming from and say aloud, “Akasha Guava.”
3. When your wish comes true, tell the wind thank you.

Rules:

You must face the direction the wind is coming from.

Aborting:

There are no instructions on how to abort this ritual.

How to Travel to Another World by Chanting to the Full Moon

Context:

This ritual dates back to at least 2016.

Many beliefs surround the full moon. Rituals and ceremonies are often performed to honor the moon and harness its energy. Now that knowledge about witchcraft has become more widespread, moon magic is generally associated with witchcraft. The full moon is also important in Hinduism, however. On Purnima, a yagna or havan called the Maha Miritunjaya havan is performed to honor the moon.

Full moons are considered times of fruition. By working with and harnessing the full moon’s energy, you can bring your desires to fruition.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A full moon
- A bedroom with a window

Instructions:

1. Begin on a night of the full moon.
2. Stand in front of the window in your bedroom so that you can face the full moon.
3. Say aloud to the moon “I want to go to the world (name the world you want to go to), and I want to (describe what you want to do there).
4. Repeat this five times.

Rules:

Don’t let anyone see or hear you.

Aborting:

To negate your wish, tell the moon you have changed your mind.

Have a Wish Granted by the Full Moon

Context:

This ritual dates back to at least 2016. It is for granting wishes, but it can supposedly be used to help you travel to another world.

Many beliefs surround the full moon. Rituals and ceremonies are often performed to honor the moon and harness its energy. Now that knowledge

about witchcraft has become more widespread, moon magic is generally associated with witchcraft. The full moon is also important in Hinduism, however. On Purnima, a yagna or havan called the Maha Miritunjaya havan is performed to honor the moon.

Full moons are considered times of fruition. By working with and harnessing the full moon's energy, you can bring your desires into fruition.

Reward:

Have your wish granted.

Dangers:

Unknown

Players:

One principal

Requirements:

A full moon

Instructions:

1. Begin on a night of the full moon. Image that your wish has already come true.
2. Then, put your hands together in front of your chest and chant, "Make only one wish come true."

Rules:

You must believe it.

Aborting:

There are no instructions on how to abort the ritual.

How to Travel to Another World Using a Stuffed Animal

Context:

This ritual dates back to at least 2016. It is similar to Have Your Wish Granted by a Doll, except this ritual is specifically for asking to go to another world. The instructions don't say that the stuffed animal needs to relate to the world you want to go to, but if you are trying to go to a fictional world, using a character from that world is probably best.

Reward:

Travel to another world

Dangers:

Possibly trapped in another world

Players:

One principal

Requirements:

- 1 or 2 cute stuffed animal(s) or 1 or 2 illustrations of characters (Hand-drawn illustrations are recommended) (if using 2, they should be closely related characters, such as siblings)
- A bed

Instructions:

1. Begin at night. Put the stuffed animal(s) or illustration(s) on your bed.
2. Get into bed and look at the stuffed animal(s) or illustration(s).
3. Say to the stuffed animal(s) or illustration(s), “Mr. Yu, Ms. Louis, please come.”
4. Go to sleep while thinking about the world that you want to go to.
5. You will know you succeeded if the stuffed animal(s) or illustration(s) disappear.
6. If you succeed and then want to return to our world, repeat the process with a new stuffed animal.

Rules:

The characters used for the stuffed animals or illustrations should be closely related but not the same character.

Aborting:

You should be able to abort the ritual by removing the stuffed animal(s) from your bed.

How to Have Your Wish Granted by the Stars

Context:

Wishing upon stars is a common tradition. This particular ritual dates back to at least 2016. You can supposedly specifically wish to travel to another world.

The tradition of wishing upon a star began with wishing upon “falling stars,” which are really meteors. In the 2nd century, it was theorized that the meteors were visible through cosmic spheres that were opened up in the heavens by the gods. Later, Christianity dubbed meteors the rising and falling of souls and angels.

Reward:

Have a wish granted.

Dangers:

Unknown

Players:

One principal

Requirements:

A clear view of the stars

Instructions:

1. Begin at night when you can clearly see the stars.
2. Stare at the stars for 10 seconds.
3. Using your finger, draw the outline of a star shape (☆) in the sky while saying your wish aloud. Do this a total of three times.
4. Go to bed.
5. Repeat this each night for a total of three nights.

Rules:

- You must be able to see the stars clearly.
- You must repeat your wish three times.
- You must repeat the process for a total of three nights.

Aborting:

To negate your wish, just change the wish you say to the stars, or stop before the three days are up.

Travel to Another World Using Corners

Context:

This ritual dates back to at least 2016.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- Your bedroom
- A bed
- Images or videos of the world you want to go to

Instructions:

1. Begin at night. Look up images or videos of the world you want to travel to.
2. Lie down in bed. Looking from one corner of the room to the next, imagine the images playing over the walls.
3. Go to sleep.

4. When you wake up, you should find yourself in the other world.

Rules:

You must have an image or video showing the world you want to go to.

Aborting:

There are no instructions on how to abort the ritual.

How to Travel to Another World Using Thunder and a Doll

Context:

This ritual dates back to at least 2016. Lightning, thunder’s counterpart, can be seen as powerful and potentially holding the power of the gods. Several religions have viewed lightning as connected to a deity. The king of the Greek gods Zeus is symbolized by the thunderbolt. Perun, the god of thunder and lightning, is the highest god in the Slavic pantheon. The Baltic pantheon also considers its god of thunder, Pērkons, as one of the most important deities. This may suggest that the ritual's intention is to make a wish to god when they are present to hear your wish. The ritual's success or failure then relies on the willingness of the god to answer your request.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A doll of any kind or a white piece of paper cut into the shape of a human

- A writing device
- A storm

Instructions:

1. Begin at night during a thunderstorm. Write your name on the doll. This may be the name you want to use in the other world instead of your birth name.
2. Place the doll in a window or at a doorway leading outside.
3. Go to bed.
4. When you wake up you should be in another world.

Rules:

- It must be thundering outside.
- You need to place the doll as close to the outside as possible while still keeping it inside.

Aborting:

There are no instructions on how to abort the ritual.

How to Travel to Another World Using Salt, Candles and Printed Material

Context:

This ritual dates back to at least 2016.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- An empty cup
- Salt
- A candle
- Matches or a lighter
- Printed material of the world you want to visit
- A desk

Instructions:

1. Begin at night. Add salt to an empty cup so that you can no longer see the bottom of the cup.
2. Light the candle. Turn off all lights in the room and cover any windows. Make sure that the only light is from the candle.
3. Put the printed matter of the world you want to go to on the desk. Trace over it with circular motions using the cup.
4. Spin around in a circle clockwise 6 times. Then spin around in a circle counterclockwise 10 times.
5. When you stop spinning, you should find yourself in the other world. If you do not, extinguish the candle. You may try again another time.

Rules:

- You must not be able to see the bottom of the cup.
- The only light must be from the candle.
- You must spin around clockwise, then counterclockwise.

Aborting:

There are no instructions on how to abort the ritual.

無心

No Mind

Context:

This Japanese ritual is called 無心 (mushin) which is a state of “no mind” practiced in Zen Buddhism. It helps to clear thoughts and awaken self-awareness. This particular method involves performing square breathing (also called the box technique). This breathing requires that you breathe in four equal parts: inhale, pause, exhale, pause. Each of these four steps should take just as long as the others. This technique relaxes you, increases the flow of oxygen to the brain, and generates clear, productive, and intuitive thoughts.

This particular ritual was included on a 2021 compilation list of different methods of traveling to other worlds written by Kagemi Morino [森野景御（愛称、サグ、SAGU 、モリノ）] on note.com. I searched but could not find any other sources. According to Kagemi, you can use this to travel to another world. I am not sure if you are just supposed to clear your thoughts and then focus on the other world or how this is supposed to do that. It seems to me that you are just practicing mushin. The purpose of only drinking milk and eating only porridge and fruit is to clear out the contents of the stomach.

Reward:

Free your mind from obstructive thoughts.

Dangers:

Unknown

Players:

One principal

Requirements:

- Milk
- Salted porridge (optional)
- Fruit (optional)

Instructions:

1. Begin as soon as you wake up. Drink a glass of milk.
2. Eat nothing besides salted porridge and fruit for the rest of the day. Do not eat the fruit skin.
3. Repeat this the next day.
4. On the second day, sit on a cushion in the dark and close your eyes.
5. Breathe as slowly as you can, performing a square breathing technique. Inhale, pause, exhale, and pause, making each step equal in length.
6. Listen to your heartbeat.
7. Count your breaths from 1 to 100.

Rules:

- Do not consume anything besides water, milk, porridge, and fruit.
- Do not eat fruit skins.
- You must breathe 100 times in a row.

Aborting:

To abort, just stop following the instructions.

How to Travel to Another World Using the First Sunrise

Context:

This ritual dates back to at least 2016. It supposedly allows you to travel to a fictional world of your choice on New Year's morning. New Year's Day is a new of new beginnings. By performing this ritual on New Year's morning, you are harnessing the desire for new beginnings to amplify your resolve.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

Sunrise

Instructions:

1. Begin at sunrise on January 1st. Face the rising sun, either from outside or through a window.
2. Say aloud to the sun, "I am not of this world. I am (state the name

you want to use in the other world) from (name the world you want to go to).
3. Sit down and close your eyes. Repeat in your mind a hundred times, “I want to go back to (name the world you want to go to). This is not (the world you want to go to). I am on Earth and I feel uncomfortable here.”
4. Then, say aloud, “Why am I in a different world? I should have been playing with (name your favorite character from the world you want to go to).”
5. Imagine the scenery of the world you want to go to in your head. Once you have a clear vision of it, say aloud, “Yes! This is my world!”
6. Open your eyes.

Rules:

- This must be done on January 1st.
- Be as specific as possible about where you want to go to.

Aborting:

You can abort at any time prior to saying “Yes! This is my world!”

Letter to God

Context:

Writing a letter to god is similar to praying in physical form. Because you are putting your thoughts into writing, the thoughts become more powerful. Some people suggest writing to god to thank god for everything that you have in your life, but others suggest writing wishes that you would like fulfilled. My suggestion would be to incorporate both in your letter, preferably beginning with gratitude.

These particular instructions date back to 2016 and supposedly can be used to travel to another world.

Reward:

Have your wishes granted.

Dangers:

Unknown

Players:

One principal

Requirements:

- A letter sized piece of paper
- An envelope
- A postage stamp (one with a picture of birds is recommended)

Instructions:

1. Begin at any time. Write a polite letter stating your wishes. End the letter by saying thank you.
2. Put the letter in an envelope.
3. Write your name and address on the front of the envelope and the name “God” on the back of the envelope.
4. Lay a stamp on the table.
5. When you go to sleep, put the envelope under your pillow.
6. For the best results, you can continue sleeping with the envelope under your pillow until your wishes come true.

Rules:

Be polite.

Aborting:

To abort, just don’t sleep with the envelope under your pillow.

短冊

Tanzaku

Context:

This Japanese ritual dates back to at least 2016.

In Japan, tanzaku refers to long, narrow strips of paper. Tanzaku can be used to draft poems, but its main purpose is to write wishes during Tanabata festivals. Tanabata, or the Star Festival, is celebrated on July 7th. It celebrates the only day of the year when the deities Orihime and Hikoboshi, who are separated by the Milky Way, can meet in the sky. These deities represent the stars Vega and Altair. The written Tanzaku are hung on bamboo which may then be burned or sent afloat down a river around midnight or the next day.

This ritual basically instructs you to write Tanzaku as you would on Tanabata consistently for months in a row. The chosen day to perform this ritual is also the 17th instead of the 7th.

Reward:

Have your wishes granted.

Dangers:

None

Players:

One principal

Requirements:

- As many Tanzaku (long, narrow strips of paper) as you have wishes
- A writing device

Instructions:

1. Begin on the 17th of any month. Write a wish on a piece of Tanzaku. Write out all your wishes, one on each Tanzaku.
2. Store your Tanzaku somewhere. Ideally, hang them from bamboo.
3. Write the same or new wishes on the 17th of the following month.
4. Continue to write wishes for a year and 5 months.

Rules:

- You must write your wishes on the 17th of the month.
- You must write wishes each month for a year and 5 months.

Aborting:

To negate a wish, dispose of that Tanzaku.

Future Diary

Context:

This ritual dates back to at least 2016. It basically uses scripting at a rapid pace. Scripting is similar to writing manifestation statements, except that you write the statements in past and present tense and are very specific about the time frame that you want to have manifested what you want. For example, if you want to get a job as a nanny, you can write something like: It is March. I work as a nanny taking care of a wonderful and smart little boy. I love going to work each day. His parents have told me that I have already made a huge impact on his grades. For this method, you create statements only a couple days in advance. This may work, but if you find that it doesn't try again with a longer time frame.

Reward:

Have your wish granted.

Dangers:

Unknown

Players:

One principal

Requirements:

A diary or notebook

Instructions:

1. Begin at any time. Open up a diary or notebook and date it a few days in the future.
2. Write a description of how you fulfilled your wish.

Rules:

Be as specific as possible.

Aborting:

To abort, tear up the page before you reach the written date.

Magic Circle Paper

Context:

This ritual dates back to at least 2016.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A piece of 6cm x 6cm white paper
- A red pen
- Tape
- A ruler (optional)

Instructions:

1. Begin at night. Draw a circle as large as possible on the piece of paper.
2. Next, draw a second circle inside the first, with the gap between circles being about 6 mm apart.
3. Inside the smaller circle, draw a large hollow square. Then draw a

hollow diamond overlapping through the square. Then draw a star inside the middle of the other shapes.

4. Between the shapes you just drew and the outline of the smaller circle, write down the name of the world you want to travel to, the name you want to have in that world, and your age.
5. Put the piece of paper on your forehead and secure it with tape.
6. Go to sleep.
7. When you wake up, you should find yourself in the named world.

Rules:

- All shapes should be hollow instead of filled in.
- Be as specific as possible.
- Do not let the paper fall off your forehead while you sleep.

Aborting:

To abort, remove the paper from your forehead.

How to Travel to Another World by Asking the Full Moon

Context:

This ritual dates back to at least 2016. Many beliefs surround the full moon. Rituals and ceremonies are often performed to honor the moon and harness its energy. Now that knowledge about witchcraft has become more widespread, moon magic is generally associated with witchcraft. The full moon is also important in Hinduism, however. On Purnima, a yagna or havan called the Maha Miritunjaya havan is performed to honor the moon.

Full moons are considered times of fruition. By working with and harnessing the full moon's energy, you can bring your desires into fruition.

Reward:

Travel to another world

Dangers:

- Severe headache
- Trapped in another world.

Players:

One principal

Requirements:

- A full moon
- A time-keeping device

Instructions:

1. Begin at midnight on the night of a full moon. Face the full moon, either outside or through a window.
2. List seven specific things you like about your favorite character who lives in the world you want to travel to. Make sure to list them all before 12:01.
3. Wait until 12:12.
4. At exactly 12:12, say, “I want to take a trip to the world (name the world you want to go to).
5. Repeat the phrase a total of five times before 12:13.
6. If you get a severe headache, this means you were successful.

Rules:

- You must list exactly seven things you like about your favorite character.
- The character you choose must be from the world you want to travel to.
- You must list all seven things before the minute is up.
- You must repeat the phrase about traveling to the other world five times before the minute is up.

Aborting:

- To abort the ritual, stop chanting.
- There are no instructions on how to abort the ritual once you have finished chanting.

How to Travel to Another World in Bed

Context:

This ritual dates back to at least 2016.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A bed (a futon is recommended if you have one)
- An alarm

Instructions:

1. Begin at night. Set an alarm for sometimes in the middle of the night.
2. Get into your bed and close your eyes.
3. Think about the world you want to go to for 10 minutes. If you accidentally fall asleep, just proceed once you wake up again.

4. After 10 minutes, open your eyes. Close them again and go to sleep.
5. Wake up when the alarm goes off. You should find yourself in the other world.

Rules:

You must wake up in the middle of the night.

Aborting:

There are no instructions on how to abort this ritual.

How to Travel to Another World Using a Ticket Gate

Context:

This ritual dates back to at least 2016.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A transportation station that uses electronic chip tickets
- An electronic chip ticket
- A ticket gate

Instructions:

1. Begin at any time. Go to a transportation station that uses electronic chip tickets.
2. Purchase a ticket and go to the ticket gate.
3. Stand in front of the ticket gate while strongly visualizing the world

you want to go to.
4. Insert the chip ticket.
5. As you walk through the ticket gate, the new world should open up to you.

Rules:

The ticket must be an electronic chip rather than a paper ticket.

Aborting:

To abort, just don’t go through the ticket gate.

How to Have Your Wish Granted by NASA's The Eye of God

Context:

This ritual dates back to at least 2016. It involves looking at an Eye of God photo while making wishes. You are essentially sending your wishes to god. You may wish for anything, but the ritual was specifically grouped together with rituals for traveling to another world.

Reward:

Have your wishes granted.

Dangers:

Unknown

Players:

One principal

Requirements:

An image of “The Eye of God” from NASA

Instructions:

1. Begin at any time. Look at an image of “The Eye of God” from NASA, pictured below. (More images can be found on Google.)

2. Make seven wishes while looking at the image.

Rules:

Look at the image while making your wishes.

Aborting:

There are no instructions on how to negate a wish once made.

How to Travel to Another World Using a Tissue

Context:

This ritual dates back to at least 2016. It supposedly specifically works to take you to the fictional world of your favorite character.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- Material goods of your favorite character (such as illustrations, figurines, plushies, etc.)
- A tissue

Instructions:

1. Begin at night. Kiss the material good of your favorite character.
2. Touch your index finger to the character's lips on the material good.
3. Wrap a tissue around your index finger.

4. Go to sleep.
5. If the tissue is still wrapped around your finger, proceed out the front door with the tissue still in place.
6. When you exit your home, you should find yourself in that character's world.

Rules:

Do not tape the tissue to your finger.

Aborting:

To abort the ritual, just remove the tissue from your finger.

How to Travel to Another World at 1:09 A.M.

Context:

This ritual dates back to at least 2016. It supposedly not only allows you to travel to another world but supposedly allows you to gain special traits as well.

Reward:

- Travel to another world
- Gain special traits

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A piece of white paper
- A red pen

Instructions:

1. Begin at night, before 1 a.m. Fold a piece of paper in half lengthwise.

2. Draw a picture of yourself in the world you want to go to on the left side of the paper.
3. On the right side of the paper, write the name of the world you want to go to and what sort of traits you want to gain when going there.
4. Wait until 1:09 a.m.
5. At 1:09 a.m., go to sleep with the paper beside you on the bed.
6. When you wake up, you should find yourself in the named world.

Rules:

- The drawing must be on the left side of the paper.
- The written words must be on the right side of the paper.

Aborting:

To abort the ritual, don’t go to sleep with the paper.

How to Travel to Another World with a Picture Under Your Pillow

Context:

This ritual dates back to at least 2016.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A pillow
- A picture of the world you want to go to or of your favorite character from that world

Instructions:

1. Begin at night. Any day is fine, but for the best results, attempt this during the full moon.
2. Put a picture of the world you want to go to or of your favorite character from that world under your pillow.

3. Go to sleep.
4. You may now visit the world in your dreams or wake up to really be there.

Rules:

It needs to be a picture showing the world you want to go to.

Aborting:

To abort the ritual, remove the picture from under your pillow.

南無三 (Namusan)

Context:

This Japanese ritual dates back to at least 2016. I could not find an English translation for 南無三. From what I can tell, it is made up of two parts, 南無 (namu) which translates to amen or hail, and 三 (san) which translates to three. It makes me think the phrase means to hail three times, but when you enter it in Google Translate it literally just says namusan, so I cannot say for sure. If you attempt this ritual, I suggest writing the phrase in kanji, if possible.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- An unused notebook
- A writing device
- A window

Instructions:

1. Begin any time. Write 南無三 (Namusan) in an unused notebook.
2. Beneath 南無三, write the name of the world you want to go to and what you want to do there.

3. Go to a window and recite what you have written.

Rules:

The notebook must be unused.

Aborting:

There are no instructions on how to abort the ritual.

How to Travel to Another World Using a Long Sock

Context:

This ritual dates back to at least 2016 and seems to be Japanese in origin.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A single long sock
- A piece of paper
- A pen or pencil
- A bed

Instructions:

Begin at night. Write down in as much detail as possible where you want to go and what you want to do there. You can make bullet points or full sentences.

Write your name beneath your description.

Put the paper inside a long sock.

Tie the sock to the end of the bed.

Go to sleep.

When you wake up, you should find yourself in the other world.

Rules:

- Be as descriptive as possible.
- The sock must be tied to the bed.

Aborting:

To abort the ritual, remove the sock from the end of the bed.

New Moon Declaration

Context:

This ritual dates back to at least 2016. It is meant to grant wishes, but you can supposedly wish specifically to travel to another world.

The new moon is considered a time to create new plans and projects, grow, and manifest. The ritual involves writing manifestation statements, as multiple other rituals do as well. While I think the other rituals of this type are safe in the sense that nothing will happen that you don’t ask for, this ritual stands out because it specifically will not grant a wish just because you write it down. You actually have to want that wish to come true for it to do so. You may want something similar, or you might be deluding yourself. Because of this, the ritual can even help you to clarify within yourself what it is that you really want if you have attempted to fulfill the same wish for months on end. As with other similar rituals, the success rate relies on your own belief.

Each new moon has a constellation associated with it. If you make a wish related to the constellation of that particular new moon, the wish is more likely to come true at that time than during another new moon. According to the sources, the corresponding type of wishes you should make each month are as follows:

January-Taurus: the sign of "desire", wishes related to matter and the five senses.

February-Gemini: the sign of "Information", wishes related to interactions, knowledge, and excursions.

March-Cancer: the sign of "emotion", wishes related to emotions, stability, growth, and family.

April-Leo: the sign of "passion", wishes related to love, positivity, and self-expression.

May-Virgo: the sign of "Order", wishes related to calmness, efficiency, lifestyle, and health.

June-Libra: the sign of "Harmony", wishes for balance, aesthetic sense, and relationships (particularly marriage).

July-Scorpio: the sign of "deep involvement", wishes related to self-control, mental state, change, and bonds.

August-Sagittarius: the sign of "Freedom", wishes related to intuition, action, and exploration.

September-Capricorn: the sign of "Management", wishes related to goals, continuity, and time.

October-Aquarius: the sign of "personality", wishes related to humanity, friendship, possibilities, and free thinking.

November-Pisces: the sign of "fusion", wishes related to spirituality, sleep, joy, and mystery.

December-Aries: the sign of “the beginning”, wishes related to beginnings, energy, and enthusiasm.

Reward:

Have your wishes granted.

Dangers:

None

Players:

One principal

Requirements:

- The new moon

- A piece of paper
- A writing device
- 7-9 wishes

Instructions:

1. Begin immediately after a new moon. Within 48 hours of the new moon, hand-write 7-9 wishes on a piece of paper. For best results, write all wishes within 8 hours. Write the wishes in the present perfect form (such as I am quickly going to another world). For best results, add in adverbs such as happily, easily, quickly, smoothly, and healthily.
2. After you have written 7-9 wishes, write a final wish stating, “I am happy that my new moon wish came true.”
3. After writing all 8-10 wishes, write down the current date, time, and your name.
4. Store the paper somewhere where no one will find it.
5. You can repeat this at each new moon. Keep all wish papers together in the same place.

Rules:

- Do not write anything down prior to the new moon.
- The writing must be handwritten.
- The wishes must be written in the present perfect tense.
- If you have written a wish for 3 months without it coming true, reconsider if this is actually your wish and revise if needed.

Aborting:

There is no need to abort the ritual since it seems that wishes you don’t really want to come true will not come true.

How to Travel to Another World by Holding Your Breath

Context:

This ritual dates back to at least 2016.

Reward:

Travel to another world

Dangers:

- Lack of oxygen
- Fainting
- Trapped in another world.

Players:

One principal

Requirements:

- A floor
- The ability to hold your breath.

Instructions:

1. Begin at any time. Lie down on your back on the floor.
2. Lift your head up to 45 degrees and close your eyes.
3. Hold your breath while thinking about the world you want to go to. Do not hold your breath longer than you!
4. If you are successful, the surrounding air should change. Lower your head and open your eyes. You should find yourself in the other world.

Rules:

Do not hold your breath longer than you can.

Aborting:

To abort, just breathe normally.

Worry Box

Context:

This ritual dates back to at least 2016. Typically, a worry box is used as a metaphor for confining worries and negative feelings. It is a beneficial practice for helping children manage their emotions. Different items can be put inside the box as metaphors for different things and emotions. For this ritual, you are to add a doll inside the box to have your wish granted. Since the doll is a metaphor, a doll of an angel is recommended since you are then metaphorically giving your wish to the angels to fulfill.

Reward:

Have your wish granted.

Dangers:

Unknown

Players:

One principal

Requirements:

- A box
- A doll small enough to fit inside the box (preferably in the shape of an angel)
- A piece of paper
- A pen or pencil

Instructions:

1. Begin at night before midnight. Write down a single wish on a piece of paper.
2. Place the doll inside the box on its back, so that it is facing the lid of the box.
3. Lay the piece of paper on top of the doll with the writing facing it, so that the doll can read it.
4. Leave the paper inside the box until your wish comes true.
5. Once your wish comes true, remove the piece of paper and leave the doll inside.
6. Wait at least seven days before putting a new wish inside the box.

Rules:

- Make sure that you put the paper inside the box before midnight.
- Make sure that the doll can read the paper.
- Make sure that no one else sees the paper.
- Allow the doll to rest seven days between granting wishes.

Aborting:

To negate a wish, just remove the paper from the box

How to Travel to Another World Using the Bathroom Mirror

Context:

This ritual dates back to at least 2016.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A bathroom
- A shower
- A mirror

Instructions:

1. Begin at any time. Enter the bathroom and shut the door.
2. Turn on the shower to the hottest setting and wait for the mirror to steam up.
3. Using your finger, write in the steam the name of the world you

want to go to and the day you want to go there. For the quickest results, you can also add the time you want to go there.

4. When you are finished writing on the mirror, turn the shower off.

Rules:

The mirror must be steamed up at least enough that you have enough space to write on it.

Aborting:

To abort the ritual, erase the words on the mirror.

How to Travel to Another World Using Leaves

Context:

This ritual dates back to at least 2016.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A cup
- Water
- Some washed tree leaves

Instructions:

1. Begin at any time, but for best results, begin at midnight.
2. Fill a cup with water.
3. Place some leaves into the cup of water and leave the cup sitting for two hours.

4. After two hours, drink all the water. You may either remove the leaves before drinking, drink around the leaves, or break the leaves up and drink the leaves along with the water. It is unclear if doing one particular method is more successful.

Rules:

- Use leaves from a tree rather than other types of plants.
- Let the water sit for at least 2 hours before drinking.

Aborting:

To abort, do not drink all the water.

Let's Go

Context:

This ritual dates back to at least 2016.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

A full moon

Instructions:

1. Begin at 2:22 a.m. during a full moon. Stand outside under the moonlight.
2. Spread your arms out and close your eyes. Say aloud, “You are the opposite of me. What are you? I’m the one who is going to do things.
3. Say the name of your favorite character from the world you want to go to. Then say, “Let’s go,” and open your eyes.
4. When you open your eyes, you should find yourself in the other world.

Rules:

The character you name must be from the world you want to travel to.

Aborting:

There are no instructions for how to abort the ritual.

How to Travel to Another World Using a Book and a Bed

Context:

This Japanese ritual dates back to at least 2016.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A manga (or book) about the world you want to go to
- A bed (use a futon if possible)

Instructions:

1. Begin around midnight. Get into bed.
2. Hold the manga or book in your hand and read some of it aloud.
3. Go to sleep.
4. If it is chilly when you wake up and the book is still in your hand, then the ritual most likely succeeded.

Rules:

The book must be of the world you want to go to.

Do not drop the book while sleeping.

Aborting:

To abort the ritual, let go of the book.

How to Fulfill Your Wish with Spells

Context:

This ritual dates back to at least 2016. The beginning of the instructions say that these spells will grant your wish, but at least the last spell is specifically meant for traveling to another world. If you are wishing for something other than that, you stick to using the first spell since it is unclear what any of the chants actually mean. I tried entering the chants into Google Translate, and it detected Arabic and Greek, but the chants seem to only be gibberish.

Reward:

Have a wish granted.

Dangers:

A headache

Players:

One principal

Requirements:

- A quiet place where no one is around
- The spells

Instructions:

1. Begin at any time. Go somewhere quiet where no one else is around.
2. Chant one of the following spells as instructed:

3. Chant, "Al Elahu Notton Win," either aloud or silently. Repeat it as many times as you wish. Then state your wish.
4. Chant, “Rokes Pilatus Zotoas Turitas Chrysatanitos” aloud once.
5. Chant, “Zoranni Zaix Elastoto” aloud once.
6. Face toward the west and chant aloud, “Aruna Arsh Arsam.”
7. Chant, “Subrent Mance Hoch Frigide Two Ball” three times. Then chant, “Ball twee frigide hock Mance Sblend” three times.
8. Chant, “Thank you. Thank you. Thank you for bringing me to the world of (name the world you want to go to)” while focusing on the feeling of gratitude for going there.
9. If you do travel to another world, at any time you can attempt to return by closing your eyes and chanting “Negative Maronju” three times.

Rules:

- Follow the instructions for each individual spell.
- Make sure no one sees or hears you while chanting.

Aborting:

- If want to return from another world, at any time you can attempt to return by closing your eyes and chanting “Negative Maronju” three times.
- There are no instructions on how to negate any other wish being fulfilled.

Pompopopoon

Context:

This ritual dates back to at least 2016.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

The chant

Instructions:

1. Begin at night. Get ready for bed, then say in your mind three times “Pompopopoom.”
2. Go to sleep.
3. Repeat this each night.

Rules:

Think the chant rather than saying it aloud.

Aborting:

To abort, stop saying this chant before bed.

How to Travel to Another World Using a School Mirror

Context:

This ritual dates back to at least 2016.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- You must be a student.
- A school
- A mirror

Instructions:

1. Begin at any time. Go to your school and find a mirror.
2. Make sure no one is around. Then visualize the world you want to go to in your mind's eye.
3. Touch the mirror.

Rules:

- You must be a student.
- You must go to the school you attend.

Aborting:

There are no instructions on aborting the ritual.

How to Travel to Another World Using a Bookmark

Context:

This ritual dates back to at least 2016.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A red piece of paper
- A blue piece of paper
- A pen or pencil
- A book about the world you want to go to

Instructions:

1. Begin at night. Take the red piece of paper.
2. On the left side, write down your current name, current age, and current appearance. On the right side, write down what name you

want in the other world, what age you want, what you want to look like, and any talents you want.
3. Take the blue piece of paper and write “I want to go to the world of (name the world you want to go to)”.
4. Insert the red paper into the book on a scene that you want to visit. Then insert the blue paper into the last page of the book.
5. Put the book under your pillow and go to sleep.
6. When you wake up, you should find yourself in the other world.

Rules:

- Write your current statements on the red paper and your desire on the blue paper.
- The book must take place in the world you want to go to.

Aborting:

To abort the ritual, remove the book from under your pillow.

How to Travel to Another World by Sleeping in the Closet

Context:

This ritual was included on a 2021 compilation list of different methods of traveling to other worlds written by Kagemi Morino [森野景御（愛称、サグ、SAGU 、モリノ）] on note.com. I searched but could not find any other sources. This ritual involves drawing a picture of yourself in another world and then sleeping inside the closet along with the picture. Alternatively, you can cover the entire wall of the closet with details about where you want to travel to and what you want to look like and do while there.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A piece of paper
- A pen or pencil
- A closet

Instructions:

1. Begin at night. Draw a picture of yourself in the world you want to go to on the piece of paper. You can also write down anything specific about your desired appearance.
2. Put the piece of paper somewhere in your closet.
3. Turn on all lights in the room and add additional light in the closet if needed.
4. Get inside the lit closet and go to sleep.

Rules:

There must be light in the closet.

Aborting:

To abort the ritual, exit the closet.

How to Travel to Another World with Three People

Context:

This ritual dates back to at least 2016 and seems to be Japanese in origin.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

Three principals

Requirements:

An outdoor space

Instructions:

1. Begin after sunset. Go outside and have everyone hold hands.
2. Close your eyes and breathe deeply for about 30 seconds. Inhale through your nose and exhale through your mouth.
3. Keep your eyes closed but lift your face up toward the sky.
4. Wish a heartfelt wish about wanting to go to the other world while imagining what it looks like.
5. You should feel the air grow heavy. When it does, lower your face

and let go of each other's hands.

6. Put your hand on your chest and take some deep breaths while imagining the world.
7. You should feel yourself being enveloped in light and then grow drowsy. Allow yourself to fall asleep.
8. When you next open your eyes, you should be in the world you wanted to go to. All principals will be separated, but you can find each other again. There is no way to return after you travel.

Rules:

- You must have exactly 3 people.
- Only wish silently instead of aloud.
- Do not resist the drowsiness.

Aborting:

To abort the ritual, resist the drowsiness.

Cygnus Elevator

Context:

This ritual seems to have originated in Japan and dates back to at least 2019.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A Cygnus constellation
- An elevator facing toward the constellation.

Instructions:

1. Begin at night when the Cygnus constellation (the swan) is visible. Locate an elevator facing the direction of the constellation.
2. Imagine the world you want to go to and turn that image into numbers.
3. Travel to each floor using the numbers on the elevator in the same order as the numbers appear in your imagination.
4. Events that symbolize the world you want to go to might happen, such as certain people entering the elevator.
5. If done correctly, the elevator will eventually open up into the world you want to go to.

Rules:

- You must imagine the world you want to go to in numbers.
- You must hold on to the list of numbers for the entire ritual so that you follow the number sequence.

Aborting:

To abort the ritual, exit the elevator early.

How to Travel to Another World Using the Four Elements

Context:

This ritual dates back to at least 2016 and seems to have originated in Japan.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- Water
- Something capable of burning (a candle is recommended)
- Matches of a lighter
- Soil
- Fresh air

Instructions:

1. Begin any time. Open any windows and doors to increase airflow. You can also turn on fans if you wish.

2. Apply plenty of water to your upper body.
3. Apply as much soil as possible to your lower body.
4. Stand in front of a door or fan. Light something on fire and hold it in both hands.
5. Focus strongly on your wish to go to another world.
6. If you are successful, the world should melt away for a moment before being replaced with the other world.

Rules:

- You must apply water to the upper body.
- You must apply soil to the lower body.

Aborting:

There are no instructions on how to abort the ritual.

How to Switch Places with a Character

Context:

This ritual dates back to at least 2016 and seems to be Japanese in origin.

Reward:

Switch places with a fictional character

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

A game or video featuring the character you want to switch places with

Instructions:

1. Begin at night. Find a quiet place where no one is around. Watch a video or play a game featuring the character you want to switch places with.
2. Go to sleep.
3. At about the same time the next day, close your eyes and see your face in your mind's eye. Say aloud 20 times, "This is not me. Who are you?"
4. Once you have finished repeating that, imagine the face of the character you want to be instead and say 20 times, "This is me. This is me."
5. As soon as you are finished repeating this, shout, "I'm going to chant the name of the character I want to be (yell their entire real

name)!”
6. Open your eyes.
7. After a few seconds, your vision should blur for 2 seconds. When it does, immediately shut your eyes.
8. When you reopen your eyes, you should find yourself in the desired world.

Rules:

- The character you use determines what world you go to.
- You must first imagine your face before imagining the character’s face.
- You must state the character’s full, real name rather than a nickname or pseudonym.

Aborting:

To abort the ritual, do not close your eyes when your vision blurs.

Akashic Records

Context:

This ritual dates back to at least 2016 and seems to have originated in Japan.

The Akashic Records are said to be a compendium of all universal events across all time and space. It is said to be encoded in the mental plane, which is non-physical. Because it is non-physical, anyone may visit it with the right mindset. The word Akasha is a Sanskrit word that translates to aether, sky, or atmosphere. Theosophist H.P. Plavatsky coined the word to mean a type of life force. Viewing the Akashic Records is now a popular spiritual technique for doing things such as decision-making, energetic healing, past-life analysis, resolving soul and karmic patterns, and connecting with otherworldly beings (such as angels, ascended masters, and spirit guides). This particular ritual uniquely uses the Akashic Records. Normally, you would go into the Akashic Records to view information on yourself, a pet, or at someone else's request. For this ritual, you are supposed to search for a book that instructs people how to travel between worlds. It is likely a book with this information can be found inside the Akashic Records, but the ritual's intentions seem to be traveling to a fictional world, while I assume the Akashic Records would instead tell you how to travel to parallel dimensions or other planets.

This ritual is more of a meditation, so it should be safe. The Akashic Records itself should be safe as well. However, you should still be alert to anything strange that may occur, especially during the process of traveling to another world and while being in the other world. It is always possible that something else may approach you within the mental plane. If this happens, you need to pull yourself back to the real world to be safe.

Reward:

Travel to another world

Dangers:

Unknown

Players:

- One principal
- One guide

Requirements:

A dark, quiet room

Instructions:

1. Begin any time. Find a quiet place without distractions. Dim or turn off the lights.
2. The principal should find a comfortable position, either sitting or lying down, and close their eyes.
3. Listen to the guide's instructions to enter the Akashic Records.
4. The guide should read the following instructions aloud to the principal to guide them through the Akashic Records.
5. Relax and close your eyes. Breathe quietly and slowly.
6. Inhale through your nose and exhale through your mouth. Just relax and keep breathing.
7. Now, imagine that you are slowly descending beneath the ground.
8. When you reach the bottom, turn around and look at the entrance.
9. You can see a bright light coming from the entrance.
10. Please turn around. You see a door in front of you. This is the door to the Akashic Records.
11. Open the door and step inside.
12. Inside is a gigantic library of books. Among these books is a book that will take you to another world.
13. Find this book.
14. Now that you have found the book, open it up and read the instructions.
15. If the principal says the book is locked, the guide should instruct

them to find the key. If the principal says the book is blank, the guide should instruct them to imagine characters floating on the page.

16. The guide should then instruct the principal as follows.
17. Now you can travel between different worlds. As a trial, please go to the world of (name a world that the principal wants to go to).
18. Once you arrive in the other world, please return at once.
19. Once the principal returns, instruct them to open their eyes.

Rules:

- The principal must tell the guide about anything that happens during the trip, especially anything strange that is not mentioned in the instructions.
- The guide must clearly tell the principal what to do during the trip.
- The guide must tell the principal to return and open their eyes if anything that seems dangerous occurs.
- The guide must make sure to tell the principal to return after visiting the other world or they may become trapped there.

Aborting:

The guide may instruct the principal at any time to return and open their eyes at any time.

How to Have Your Wish Granted by Candles

Context:

This ritual dates back to at least 2016 and seems to be Japanese in origin. This method is specifically mentioned as being able to help you travel to another world.

Many people believe that candles help grant wishes and amplify prayers. While candles are often associated with spellwork and rituals, even Catholics believe candle smoke helps carry prayers up to heaven.

Reward:

Have your wish granted.

Dangers:

Fire hazard

Players:

One principal

Requirements:

- 3 large candles, about 20 cm
- Matches or a lighter
- Dried sage leaves (fresh or ground)
- Dried laurel leaves (fresh or powdered)
- A 10 cm square piece of Japanese washi paper
- A fireproof dish

Instructions:

1. Begin at night. Separate the sage and laurel into six equal parts. Then wrap them in the Japanese paper, like a cigarette.
2. Mark six points on each candle, so that it is separated into seven parts vertically.
3. Light all six candles and one of the washi wraps. Make sure that the washi wrap is in a fireproof dish.
4. Meditate on your wish until the candle burns down to the first spot that was marked and the washi wrap is entirely burned.
5. For six more nights at the same time each day, light the candles and a new washi wrap and meditate on your wish.
6. By the time you have finished on the seventh day, all the candles should be fully burned out and all the washi wraps should be burned.

Rules:

- You must do this for 7 nights in a row.
- You must meditate until the washi wrap has burned and the candles have burned down 1/7 of the way.
- Be careful not to start a fire.

Aborting:

To negate a wish, change your wish or stop meditating on the wish before the seven days are up.

Hawaiian Bracelet

Context:

This ritual dates back to at least 2016. It is supposedly Hawaiian, but I could not find any Hawaiian sources or context on similar bracelets.

Reward:

Have your wish granted.

Dangers:

Unknown

Players:

One principal

Requirements:

- A red bead
- An orange bead
- A yellow bead
- A green bead
- A blue bead
- A purple bead
- Enough thread to make a bracelet.

Instructions:

1. Begin at any time. Thread the beads through the thread in the

following order: red, orange, yellow, green, blue, and purple. As you thread each bead, say the name of each color aloud in Hawaiian: Ula Ula (Red), Alani (Orange), Melemele (Yellow), Oma Oma O (Green), Polu (Blue), Poni (Purple).

2. Tie the thread into a bracelet.
3. It is up to you whether you want to wear the bracelet or not but keep the bracelet close to you until your wish is granted.

Rules:

- You must thread the beads in the following order: red, orange, yellow, green, blue, and purple.
- You must say the colors in Hawaiian as you thread each one.

Aborting:

To negate your wish, dispose of the bracelet.

32 Magic

Context:

This Japanese ritual dates back to at least 2016. This ritual supposedly allows you to travel to another world. Nothing outright seems dangerous about the ritual other than becoming trapped in another world, but it involves using your own blood. That is never recommended.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

- A month with 31 days (January, March, May, July, August, October, or December)
- A piece of paper
- A clean white cloth
- A writing device
- A candle
- Matches or a lighter
- A straight branch
- A pin or needle

Instructions:

1. Begin on the 1st of the month with exactly 31 days. Set the piece of paper on top of the white cloth.
2. Draw a dot in the center of the paper. Draw two lines through to dot, one horizontal and one vertical, to create the four cardinal directions of a compass (North, South, East, and West).
3. Then, draw four more lines to separate each of the four quadrants in half (Northeast, Southeast, Southwest, and Northwest).
4. Now, draw four more lines to separate each of these new sections in half (North-northeast, East-northeast, East-southeast, South-southeast, South-southwest, West-southwest, West-northwest, North-northwest).
5. Lastly, draw 8 more lines to separate these new sections in half (North by East, Northeast by North, Northeast by East, East by North, East by South, Southeast by East, Southeast by South, South by East, South by West, Southwest by South, Southwest by West, West by South, West by North, Northwest by West, Northwest by North, and North by West). You should now have 32 directional points on your drawn compass.
6. With your compass drawn, place the candle in the center of the paper and wait for nightfall.
7. Once night has fallen, prick your finger with the pin to draw a bit of blood. Smear the blood on the end of the branch.
8. Lay the branch down on the compass along the North line.
9. Light the candle. Close your eyes and create the feeling of a candle burning inside your heart.
10. Focus on feeling the heat coming from both candles. Match the heat from the real-world candle inside yourself, then open your eyes and extinguish the real candle.
11. Move the branch clockwise to the North by East point. You have finished the first day's ritual.
12. Each following night, repeat this process, moving the branch one point clockwise on the compass each time.
13. On the 31st day, the branch should have returned to the North direction.

Rules:

- This must be done over 31 consecutive days.
- This must be done from the 1st of the month through the 31st of the month.
- Do not stop before the full 31-day ritual has been completed.
- No one should see you performing the ritual.
- Do not move anything during the month except when instructed by the ritual.
- Do not extinguish the candle inside yourself when the real candle is still burning.
- Do not open your eyes until you feel that the real candle and the candle you feel inside of yourself are at the same temperature.

Aborting:

There is no way to abort this ritual once begun.

The Bornless Ritual

Context:

This is an entirely real ritual that comes from the secret society Hermetic Order of the Golden Dawn. This British organization lasted from the late 19th to the early 20th century. Known as a magical order, it focused on the occult, paranormal, and metaphysical. Many ritual and magic concepts now practiced by contemporary traditions, such as Wicca and Thelema, were inspired by practices performed by the Golden Dawn.

This ritual was popularized by Aleister Crowley when he published it in The Goetia in 1904. He claimed to use the ritual to converse with "the holy guardian angel." The original source of the ritual, however, is based on a Gaeco-Egyptian rite of exorcism. The original version of the ritual is meant to exorcise an evil spirit from a possessed victim, whereas the revised version is meant to invoke a being referred to as The Bornless One who commands all spirits, both good and evil. The change was made by reordering lines, re-translating the language to sound more poetic and dramatic, and changing the spellings for "Barbarous Words". Crowley later revised the ritual again and changed the spellings even more to sound more Egyptian.

Several Japanese sources claim that this ritual can be used to travel to another world. The version of the ritual described below comes from those Japanese sources. For more information about the ritual and the meanings of the "Barbarous Words," you can visit https://hermetic.com/jwmt/v1n7/bornless.

For best results, it is recommended that you vibrate each "Barbarous Word" (or unusual word). To do this, on your inhale, pull in divine energy through your crown. Feel the word in your heart center, then exhale the chant of the word in a loud resonating tone.

Reward:

- Invoke the Bornless one
- Possibly travel to another world

Dangers:

Unknown

Players:

One principal

Requirements:

- A quiet place with no one around
- The chants
- A compass (optional)
- A fictional character that exists inside the world you want to travel to

Instructions:

1. Begin at any time in a quiet place with no one around.
2. Face the east. Chant aloud while concentrating:

I summon thee.

Thou art unborn.

Thou art maker of earth and heaven.

Thou art maker of night and day.

Thou art maker of darkness and light.

Thou art maker of darkness and light.

Osoronophris, never seen by anyone,

thou art Iabas, thou art Iapos, thou art

divided between right and wrong,

thou created woman and man,

thou brought forth seed and fruit,

thou to one another.

Create people who love each other and hate each other.

I am (say the name of the character you want to become in another world),

Your mystery, that is, the prophet entrusted with the mysterious formula.

Thou, dampness and dryness, everything.

Hear thou me, for I am the angel of Paphro Osoronophris,

And this is thy true name,

which was handed down by the prophets of the sun.

Listen to me.

Ar, Thiao, Rheibet, Atheleberseth, A, Blatha, Abeu,

Ebeu, Phi, Thitasoe, Ib, Thiao.

Listen to me.

Make all spirits subject to me.

All heavenly spirits, etheric spirits, earthly spirits, underground spirits,

desert spirits, water spirits, swirling wind spirits, rushing fire spirits, and all

the spells of God.

Even divine punishment won't be at my will!

3. Now face south and chant the following:

I summon thee.

Thou dreadful and invisible God,

who dwells in the void of spirits.

Arogogorobrao, Sothou, Modorio, Phalarthao, Ooo, Ape,

The Bornless one.

Listen to me.

Submit all spirits to me, and all the spirits of heaven,

the spirits of the ether, the spirits of the earth, the spirits of the

underworld, the desert spirits, the water spirits, the swirling wind spirits,

the rushing fire spirits, and All the spells of the gods and

even the wrath of God are not at my disposal!

4. Now face the West and chant the following:

Listen to me,

Roubriao, Mariodam, Balbnabaoth, Assalonai, Aphniao, I, Thoteth, Abrasax, Aeoou, Ischure,

Great unborn one.

Listen to me.

Make all spirits subject to me.

Then, All spirits of the heavens, spirits of the ether, spirits of the earth,

spirits of the underworld, spirits of the desert, spirits of water, spirits of

the swirling winds, spirits of the rushing fire,

and even all the spells and scourges of God are my thoughts.

Don't stay like that!

5. Now face the North and chant the following:

I summon thee.

Listen to me.

Make all spirits subject to me.

Then all the spirits of heaven, the spirits of the ether,

the spirits of the earth, the spirits of the underworld,

the spirits of the desert, the spirits of water,

the spirits of the swirling winds, the spirits of rushing fire,

And even all the spells and scourges of God.

Don't be my way!

6. Now face East again and chant the following:

Listen to me.

Aoth, Abaoth, Basum, Isak, Sabaoth, IAO!

This is the lord of the gods.

This is the lord of the universe.

This is the fear of the wind.

It creates the voice with its life.

Lord of all things, King, Ruler, and Savior,

listen to me, subject all spirits to me,

and all the spirits of heaven, the spirits of the ether, the spirits of the earth,

the spirits of the underworld.

Spirits, spirits of the desert, spirits of water, spirits of swirling winds,

spirits of rushing fire, and all the spells and wraths of God are at my mercy!

Ieou, Pyr, Iou, Pyr, Iaot, Iaeo, Ioou, Abrasax, Sabriam, Oo, Yu, Eu, Oo, Yu,

Adonaie, Ede, Edu, Angelos Ton Theon, Anlala Lai, Gaia, Apa, Diachanna

Chorun.

I am here to have a vision.

Mighty and immortal fire.

I am him, the truth.

I am him, whom hates doing evil to the world.

I am him, whom shoots lightning and thunders.

I am him, whom made life rain down on the earth.

I am him, whom always shoots fire from his mouth.

I am him, whom gave birth and manifested into the light.

I am him, whom is the grace of the world.

His heart wrapped in serpents is my name.

Come thou shalt come and follow me and make all spirits subject to me.

Then all the spirits of heaven, the spirits of the ether,

the spirits of the earth, the spirits of the underworld,

the spirits of the desert, the spirits of water, the swirling winds.

The spirits of fire, the spirits of raging flames,

and all the spells and curses of the gods are at my mercy!

IAO Sabao. These are the words.

Rules:

- You must concentrate during all chants.
- Do not let anyone see you during the ritual.
- Vibrate each “Barbarous Word” in a single breath.

Aborting:

There are no instructions on how to abort the ritual.

The Shop Where Wishes Come True

Context:

This ritual dates back to at least 2016. This ritual is meant for granting a wish, but you can specifically use it to wish to travel to another world. You may repeat the ritual to return to our world, however, returning is impossible if the world does not have accurate clocks, working mirrors, or operate at the same time frame that we do (24-hour days).

Reward:

Have a wish granted.

Dangers:

Unknown

Players:

One principal

Requirements:

- The ability to lucid dream
- A full-body mirror
- An accurate clock

Instructions:

1. Begin at 2:37 a.m. Look at the mirror for three minutes, then say aloud, “Please. Please. I wish.”
2. You should see a shop appear on the mirror’s surface. Put your right hand on the shop’s reflection.

3. Enter the shop. It may be empty or have an attendant. Ignore the attendant, if needed. Only state your wish, then say, “Thank you. Thank you. I’m happy.”
4. Leave the shop on the right-hand side.
5. You may repeat the ritual as often as you like.

Rules:

- Stay calm if anything strange happens in the store.
- Do not use the mirror in the bathroom.
- Do not use a distorted or dirty mirror.
- Do not talk to any shop attendant if they are there.

Aborting:

There are no instructions on how to abort the ritual.

Arrow Spells

Context:

This ritual seems to have originated in Japan and dates back to at least 2016.

Reward:

Travel to another world

Dangers:

Trapped in another world.

Players:

One principal

Requirements:

5 consecutive clear nights when the moon is visible.

Instructions:

1. Begin at night when the moon is clearly visible. Go outside or stand by a window which you can see the moon from.
2. Say to the moon “Arrow Arie Nedcor Piulita,” or for more power, say “Barrow Ariene Callepy Willita.”
3. Then, say the name of the world you want to go to.
4. As soon as you have said that, go to sleep.
5. Repeat this for five consecutive nights. If the moon is not visible any of the nights, you must restart from the first day again once the sky is clear again.
6. It is believed that on the final day, you may stay up or go to sleep immediately after. However, it seems that going to sleep immediately after increases your chance of success.

Rules:

Do not tell anyone you are doing the ritual.

Aborting:

To abort, just stop performing the ritual before the fifth day.

The Shower Man Ritual

Context:

This ritual was originally shared on the ThreeKings subreddit in 2017 by a now-deleted account. It was rewritten and shared by a user named fric_lair in 2020. According to the original poster, water serves a link to the realm of god and "the outer world" because it is shapeable. The original poster claimed to have learned about this ritual from a friend who explained to them that spirits exist in the air and doors to other worlds exist in water. This is because neither of these two elements is solid form. Based on this theory, God is 1 and we are made up of 1 and 0. Water acts as a medium to connect us with God and other realms. The outer realm where the shower man resides is just one of these realms. The shower man may or may not be "the destroyer."

Please don't attempt this ritual. There is no benefit to it, it's gross, and it's dangerous. Even putting the supernatural dangers aside, you may trip due to navigating in the dark, slip due to walking around while dripping wet, or catch pneumonia from remaining in cold water for a prolonged period. Even after you exit the shower, you are not allowed to dry off right away. The original instructions even said to turn your heat off.

Reward:

Visit another world.

Dangers:

- Physical harm (both from entities and just from tripping or slipping)
- Getting sick
- Trapped in the outer world

Players:

- One principal
- One bystander on standby (optional, but recommended)

Requirements:

- A house (ritual may or may not succeed in multi-tenant buildings)
- A bedroom
- A shower with either a curtain or an opaque (not transparent) door but no windows
- An anti-slip floor surface (optional, but recommended for safety)
- A glow-in-the-dark clock or analogue watch
- A small container
- A towel
- A change of clothes
- A knife (optional, but recommended for increased success rate)
- Flashlight or other small light source (optional)

Instructions:

1. Turn off every single electronic in your house. If there is a mirror in the bathroom you will be using, either remove it or completely cover it up. Store away or cover up any other reflective surfaces in the house. Grab a towel from the bathroom and store it in your bedroom. Eat and drink since you will be entering a fast.
2. Begin between the hours of midnight and 3 a.m. (beginning as close to midnight as you can is recommended). Make sure that you are alone inside the home and will continue to be alone for the next 24 hours. During this time, you will need to enter a deep meditation or prayer. You must not taste anything on your tongue, or else the ritual will fail. If you mess up, you may try again after 24 hours have passed.
3. After the 24 hours, return to your normal activities, but make sure that you do not consume anything or orgasm.
4. Before 11:45 p.m. the next night, turn off all electronics again and lock all entrances to your house. Go to the bathroom and turn on the

shower on the hottest setting for a few minutes to use up most of the hot water.

5. Remove all of your clothes so that you are entirely naked. Go to your bedroom and say aloud, “The boundary waters fill me, and my soul overflows. Let him come. Let him come. Let him come.” This is when you may optionally draw some blood using the knife. If you do, you may use a non-synthetic material (such as cotton) to cover the wound.
6. Begin masturbating, but make sure not to cum and to keep your focus on a faceless humanoid figure of pure blackness penetrating you. Even if you feel repulsed or violated, you must welcome him inside of you.
7. You must continue to masturbate this way in every room inside your house. Stay focused, but make sure not to cum. Save the bathroom for last.
8. Walk to the bathroom, but do not enter yet. Cum. It does not need to be much, but you need to have enough to smear onto both sides of the bathroom door handle.
9. Chant, “I come full in the waters of the boundary and seek passage through the waters” while smearing your cum on the outer side of the door handle. Open the door, and chant, “The waters of the boundary fill me, and I pass through” while smearing the inner side of the door handle.
10. Enter the bathroom and shut the door behind you. Turn the shower on and let it warm up.
11. Step into the shower and make sure that every single part of your body becomes soaked. Wash yourself but do not use any soap when doing so.
12. At this point, you will be feeling disoriented. No matter how bad you feel, you must stay inside the shower until the end of the ritual. You may sit or crouch, but doing so may make yourself spiritually vulnerable.
13. After your entire body is washed, you may begin to call in the shower man. Optionally, you may slowly count to 30 before proceeding to make sure you have reached the outer world.
14. Scream forcefully, “Shower man. Shower man, come and take my hand. Lead me through the dark. Come and take my heart. Shower

man. Shower man, come and take my hand. Lead me through the dark. Come and eat my heart. Shower man. Shower man, come and eat my hand. I am in the dark. I have no heart. I wait to hear your words."

15. If you see something lurking beyond the shower door, then you have succeeded. If you do not see anything, then taunt them to appear. Unleash anger and rudeness so that they appear to you.
16. Once they appear, you may tell the shower man, "Thank you, Lord, but I must leave now."
17. Wait until everything feels calm, then say, "Shower Man. Shower Man, release my hand/ Shower Man. Shower Man, I have my hand. Shower Man. Shower Man, I have my heart." You should feel the effect immediately. If not, repeat the chant as many times as needed sounding as pitiful as you can.
18. When you feel the effect, slowly turn the water off. Stay in the shower until you naturally feel your body warm up. (This should take between 1-5 minutes).
19. When you are warm, speak aloud, "The waters recede, and my soul is parched. I feel alive through in the valley of death."
20. You may now step out of the shower but do not grab a towel.
21. Close the shower door, then walk to the bathroom door without looking at the bathroom mirror.
22. Spit into your hand, then touch the door handle without opening it. Say, "My lungs tremble and I search for my breath."
23. Exit the bathroom and immediately shut the door behind you.
24. Turn and face the bathroom door. Say, "I feel the waters recede."
25. Take some slow, deep breaths until you are perfectly calm. Then say, "The waters have receded."
26. Optionally, you may now go to each room in the house, saying in a light tone, "I breathe and my spirit is full." If you do, leave all the doors (besides the bathroom door) open to allow the positive energy to flow.
27. Return to your bedroom and shut the door behind you. Pray or meditate on something positive or that you are grateful for.
28. Once you have created a positive energy, you may dry yourself and get dressed in your bedroom.
29. You may now let others inside the house and eat and drink, but

make sure not to touch the bathroom door or leave the house.

30. Once the sun has risen, you may clean the bathroom door handle using only water and a non-synthetic cloth. Clean both sides of the door handle before turning on the lights.
31. If the bathroom feels normal, everything is fine. If the bathroom does not feel normal, wait.

Rules:

- Do not attempt this ritual if you are menstruating as menstrual blood will attract unwanted entities.
- Do not attempt in a location that is haunted or has had any sinister events occur there.
- Do not look at any mirror at any time during this ritual.
- Follow all steps and speak all words verbatim.
- Do not bring the knife into the bathroom.
- Do not under any circumstances leave the shower until instructed at the end of the ritual.
- Do not actively drink the water from the shower during the ritual, but if a little gets into your mouth accidentally that's okay.
- Once you have left the bathroom, do not open the bathroom door until after sunrise.
- You must dry yourself and get dressed in the first room.
- Only clean the door handle with water and a non-synthetic cloth.
- Do not leave the house until you are sure that the bathroom has returned to normal.

Aborting:

You may end the ritual at any time by reversing the instructions from whatever step you are on. So, if you had just entered the shower, you would exit the shower and then reverse the instructions in step 11, step 10, etc.

Do’s and Don’ts When Trapped by Gui da Qiang

Context:

These instructions were shared on the NoSleep subreddit by a user named fifteenhours-creepy in 2017. It is less of a ritual as it is instructions on how to escape from malignant spirits. While many rituals explain how to travel to other worlds, this information explains how to return from another world. While the Asian phrase gui da qiang (roughly translated as ghosts building walls) refers to a situation where you are trapped within a location by spirits, the poster explains that you can be caught inside an alternate dimension by these spirits.

According to the post, you may not notice right away that you are caught in gui da qiang since everything will seem normal at first. After some time, however, you will realize that you are stuck inside repeating environments, people, objects, or events. Gui da qiang experiences may differ depending on the intentions of the holding spirit who created the walls. You may be held for a maximum of a few hours before being released, however, sinister spirits may trap you within your dream state. You will wake up within another plane of existence while your actual body continues to sleep. The spirit intends to trap you there forever, or possibly even kill you within the dream. It is of grave importance to figure out that you are in this situation as soon as possible and to know what steps to take in order to escape your fate. The longer you remain in gui da qiang, the more difficult it is to escape.

One key feature you will notice if you are within a gui da qiang is total isolation. Even if you live with your family, when you wake up on this new plane, you will be alone. You will also notice a lack of sound. You might also notice strange phenomena such as rain falling upward or the sun being out in

the middle of the night. The holding spirit will eventually make itself known through whispers which may even sound like the voices of people you know.

Reward:

Wake back up in the real world.

Dangers:

Being trapped in gui da qiang

Players:

One principal

Requirements:

None

Instructions:

1. Once you realize that you are in gui da giang, you should return to your bed as quickly, yet stealthily as possible.
2. Undress and put your clothes back on inside out. This will confuse the holding spirit and slow them down. This is useful in providing you with more time to reach your bed. Depending on how close your bed is, it may be quicker to skip this step.
3. Look between your legs for directions. The space between your legs acts as a gateway into another dimension, so looking through it will show you the dimension that you want to return to. Even if your bed is still within sight, this step provides mental clarity, so that you can return to your world.
4. Never look over your shoulder
5. Get into bed and go to sleep.

Rules:

- Beware when in areas frequented by paranormal entities.
- Pay attention to all subtle signs that you might have entered gui da qiang. This could be any irregularities such as not being able to fall asleep when you normally have no difficulties.
- Note the key differences in your environment as soon as you realize you are in gui da qiang.
- Do not wander from your immediate vicinity since it is highly likely you will become lost.
- Be calm and vigilant since the holding spirit will do everything to confuse you.
- Do not panic.
- Make as little noise as possible to avoid detection.
- Never look over your shoulder since this breaks your natural protective triangle (which is formed by your shoulders and forehead).

Aborting:

The main instructions are the aborting instructions.

Conclusion

This book has been a collection of rituals, some of which may be considered paranormal, while others may be more accurately described as strange and unusual. I chose to call them paranormal rituals because of the common association of these types of rituals with the term “paranormal.” This volume specifically focused on rituals with Hispanic origins or connections to Hispanic culture.

While this book aims to inform and educate, it is essential to stress that the primary intention is not to encourage readers to attempt these rituals. Rather, it seeks to provide information and precautions to ensure the safety of those who may be tempted to explore these practices.

In the introduction, we examined people's fascination with paranormal rituals and the reasons behind it. The main assumption is that fear motivates dangerous acts, while curiosity attracts those who are too scared to attempt them. We are fascinated by paranormal rituals because they delve into the strange and summon the unpredictable. They make us question the boundaries of reality and challenge our beliefs. These rituals remind us to remain cautious of what we allow into our lives.

Regardless of the appeal, it is strongly discouraged that any rituals mentioned within this book be attempted. The importance of proper precautions was emphasized, ranging from following all ritual-specific rules, cleansing the space, being mindful of what permissions you allow, and handling open flames with care.

In closing, I intended this book to act as an informative guide rather than an endorsement of attempting paranormal rituals. It aims to provide knowledge, awareness, and safety guidelines for those who wish to explore these

practices or even just learn about them. In this realm of the strange and the unknown, it is crucial to approach with caution, respect, and a firm understanding of the potential consequences. My last piece of advice is to always think ahead. Consider how your actions may affect your future well-being and that of others. Approach paranormal rituals and the entities associated with them with respect and common sense.

Other Riskiest Ritual Books

Hispanic Rituals

Japanese Rituals